

BBC

June 2015  
DHS15 | QR15

# goodfood

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Middle East

## The Ramadan issue!

- \* Family-style feasts
- \* Fasting advice
- \* Festive buys

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anonymous!**

Delicious desserts  
to impress

**Smart  
FOODS**

Eat to boost your  
brain power

**Luxe in  
THAILAND**  
Gastronomy  
goes beachside!

**PLUS: EMIRATI  
INSPIRED RECIPES**



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# Welcome!



Having spent ten Ramadans in Dubai so far, I have had my fair share of Iftars and taste of Arabiana (let's face it, we can get quite hummoused out by the end of it!). But, what I have always longed to do and haven't quite managed yet, is experience a traditional Iftar in an Emirati home – the real deal! (While I, and most other likeminded foodies I'm sure, seek out authentic experiences wherever we travel, the truth is, Ramadan for most of us living in the UAE is quite often more about lavish hotel buffets, than about reconnecting with the local culture.)

So, the next best thing to gatecrashing your Emirati neighbour's Ramadan gathering (!) is to create your own spread. We help you do just that in our *Ramadan Special*, which features a down-to-earth, home-style meal (*Emirati classics*, p30) as well as a more sophisticated Moorish-inspired menu (*Arabian feast for a crowd*, p20). We also get expert insights into having a healthy Ramadan (*A nutritionist's Ramadan regime*, p36), round up a selection of Iftar offerings at restaurants around town (*Flavours of the month*, p17) and curate a selection of beautiful buys ideal for the season (*Ramadan remembrances*, p41).

Speaking of remembrances, this is my last issue editing *BBC Good Food ME*, and I will take away plenty of fond memories of this incredible journey of culinary discovery I've been on with all of you, for the past three odd years. It's been a lot of fun, and I continue to remain in awe of the amazing amount of talent and passion for food that I've encountered in so many of our readers. And without doubt, it has been your constant appreciation of all our hard work that has meant the most to me throughout. I hope you continue to be inspired and informed by the vibrant food scene here, as will I. It's my pleasure to announce, going forward, that Sophie McCarrick will be acting Editor for the magazine, and I'm sure that with her long history with leading publications, there will be a lot for us all to enjoy!

Keep discovering!

*Sudeshna*

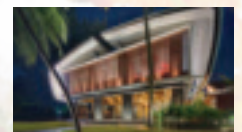
## Editor's picks



◆ I don't usually drink milk out of a carton, but Koita milk is yum! p53



◆ I love how simple yet stylish this Beck tray is, p41



◆ Aziamendi at Iniala Beach House, Thailand, was a totally unexpected epicurean experience. p78



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## Our recipe descriptions

**V** Suitable for vegetarians

**❄** You can freeze it

**❄** Not suitable for freezing

**Easy** Simple recipes even beginners can make

**A little effort** These require a bit more skill and confidence – such as making pastry

**More of a challenge** Recipes aimed at experienced cooks

**Low fat** 12g or less per portion

**Low cal** 500 calories or less per main.

**Superhealthy** Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.

**Good for you** Low in saturated fat, low in salt.

**Heart healthy** Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids

**1 of 5-a-day** The number of portions of fruit and/or veg contained in a serving

**Vit C Iron Omega-3 Calcium Folate Fibre**

Indicating recipes that are good sources of useful nutrients

**GLUTEN FREE** Indicates a recipe is free from gluten

Some recipes contain pork & alcohol.

These are clearly marked and are for non-Muslims only. Look for these symbols:

**P** Contains pork

**A** Contains alcohol



## Store Directory

Contact numbers for outlets featured in this issue

### Al Huzaifa Furniture:

04-3366643

### Armani Dolci:

04-3410591

### Bloomingdale's Homes:

04-3505464

### Cities boutique:

04-3434301

### Crate & Barrel:

04-3990125

### East India Company:

02-6810813

### Fiore Rosso:

04-2517868

### Forrey & Galland:

04-3398850

**Home Centre:** 04-341441

### Lakeland:

04-3236081

### Marina Home:

04-3410314

### Nespresso Boutiques:

04-3928181

### Silica:

04-2234200

### Spinneys:

04-3555250

### Spontiphoria:

04-3388827

### The Design Shop

**by Sauce:** 04-3883488

### TWG Tea Salon and

**Boutique:** 04-3253857

### Villeroy and Boch:

04-3399676

Note: Prices in Qatari Riyals are approximately the same as UAE Dirhams.



## Meet our Editorial Panel

The exclusive group of experts who are part of the **BBC Good Food ME** family:



### Uwe Micheel

A veteran chef, Uwe has been cooking since he was 12, and in the interim 30 odd years, he has picked up

numerous awards, and has been serving as President of the Emirates Culinary Guild since 1999. A member of several international chef's groups, he is one of the UAE's most respected culinary personalities.



### Michael Kitts

The Director of Culinary Arts at the Emirates Academy of Hospitality Management has hung up his chef's whites,

wearing which he had spent over 20 years working at various leading establishments in London and won numerous accolades, to turn mentor and teacher to young aspirants of the hospitality industry in the UAE's leading training centre.



**Kate Fisher** is a highly qualified and experienced nutritionist who has been working in the UK and the Middle East with various hospitals and clinics since

the 1980s. A trained microbiologist, and graduate of Nutritional Medicine from University of Surrey, she has, among other things, set up a clinic in Harley Street, and worked with private clinics and food brands, as a nutrition consultant.



### Andy Campbell

A Scottish celebrity chef who now calls Dubai home, Andy has trained at Westminster College, and previously worked at

various restaurants, including Michelin-starred ones, and also ran his own restaurant in London, before moving here to work as a private chef for exclusive events. He currently also consults with Arabian Health Care in Ras al Khaimah.



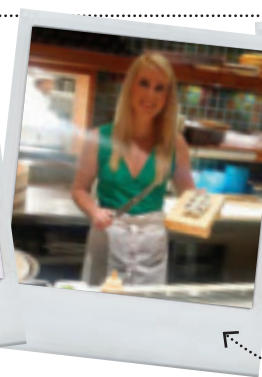
**Tomas Reger** is an award-winning freelance chef and food consultant who has been based in UAE for over eight years. Originally from the Czech Republic, he started his culinary career in London, working his way up from apprentice to head chef in a Chinese restaurant within a year, before moving to Dubai. As founder of

Tomas Reger Food Consultants, the respected chef works on bespoke restaurant projects and a wide range of events.

## Behind the scenes

Take a look at what the **BBC Good Food ME** team members got up to this month!

Senior editor Sudeshna became a gastro-naut in Thailand!



Photographer Maksym sets the scene for the first *What's on the table* feature shoot

Deputy editor Sophie perfected her sushi-making skills at Nobu Doha

## Menu planner

Whip up a delicious meal with recipes from this issue

### Movie night nibbles



Mushroom & goat's cheese tartlets, p44



Minty carrot, pistachio & feta salad, p22



Chickpea pancakes with roasted yellow peppers and sesame dip, p56



Salted caramel brownies, p65



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# Your say

We love to hear from you!

## HOSTESS WITH THE MOSTEST

I was so happy to get my hands on the May issue! Not only am I moving house and have found some great ideas for my new kitchen, but the issue saved me from a last minute visit from friends, which turned into a dinner visit. With just one hour's notice from my friends, all I had to do was open *BBC Good Food ME* and, 'ta-da' a quick, easy-to-make dinner was ready. I chose to make the spicy turkey with sweet potatoes and potato and pesto pizza, which impressed everyone! For all of you who haven't tried a recipe from the magazine, my advice is to give it a go - it's easier than you think. Keep it up, *BBC Good Food ME*!

Sara



## 5-A-DAY, ALL THE WAY

Recently, I've been feeling really run-down and have been struggling to get my daily intake of vitamins due to my busy schedule and lack of creativity in the kitchen. I just want to say that I absolutely loved your *Easy ways to 5-a-day* (May 2015) feature last month! I've now tried each one and all are equally delicious, and are packed full of all the natural goodness I've been lacking. I'd love to see more health-inspired recipes that are this yummy.

Ruby Clarke

## Star Letter

### COOKING UP A DESSERT STORM!

I simply love *BBC Good Food ME*! I don't get the chance to read it all the time, but every time I have a copy, I don't throw it away.... ever! I have all of them stacked up next to my bed and whenever I can't sleep, I reach for one of the older issues and ogle over the desserts. Which brings me to the May issue. I love desserts and all things chocolate, however lately I've been trying to get out of my chocolate bubble and try new things. The cover image had me drooling and eager to try the *Tropical Flavours* (May 2015). The recipes were a real inspiration and perfect to fuel my passion for baking. After desserts, my second love is cheese. I love serving up cheese boards at home for the family, and Suzanne Husseini's tips for putting together a stunning cheeseboard gave me

some great ideas.

I've been wanting to buy buffalo mozzarella for some time but didn't know where to get it - thanks to the Home Cooking knowhow (*Kitchen notes*), I know where to head. The little 'Did you know' box in the Travel Special (*Rome underground*, May 2015) on Italy was also very interesting, I love reading facts about food and I actually did not know this one. I'd just like to say that your magazine is awesome, I'm sure it takes a lot of effort (more than we can imagine) to put out amazing issues month after month, thank you for that and keep up the great work!

Komal R. Lakhani



The winner of the Star Letter gets a **GOLBAL 30<sup>TH</sup> ANNIVERSARY 3-PIECE KNIVES SET AND**

**MINOSHARP WATER KNIFE SHARPENER** worth

**DHS940.** Global is an internationally renowned maker of professional kitchen knives. Still crafted by hand in Yoshikin's factory in Niigata, Japan, Global knives are manufactured to extremely high and exacting standards. In commemoration of Global's 30th Anniversary they have released a limited edition 3-piece knife set. The set includes a 9 cm paring knife, 13 cm cook's knife and a fluted 20 cm chef's knife, with the blades marked with special etchings.

### KITCHEN HELP

I'd just like to say thank you for the 25 ways to *make your kitchen sparkle* article (May 2015)! I live in an older apartment here in Dubai and have been finding it difficult to



achieve that new, sparkly look. Even after I've really worked hard scrubbing the surfaces, it just doesn't ever gleam like I want it to. Every single one of the tips has helped me get my kitchen looking back like it used to - thanks!

Rachel Adnan



From our social media pages

- \* Practice makes perfect! Working on my rolling skills before my @BBCGoodFoodME masterclass begins. - @Middle Eats
- \* Wow - just tried @BBCGoodFoodME chicken stuffed with goat's cheese and tarragon! One word, amazing. A must try! - @Sally McAree
- \* Loving Britain's appearance in @BBCGoodFoodME travel special. It's got many hidden treasures that are often forgotten about. - @Michael Jones



## TALK TO US!

Email us on [feedback@bbcgoodfoodme.com](mailto:feedback@bbcgoodfoodme.com) with your thoughts and comments, and send us your photos with your copy of *BBC Good Food ME*!

You can also connect with us on social media! Find us on:



Or, you could write to us at:  
**The Editor, BBC Good Food Middle East.**  
Grosvenor Business Tower, Tecom, Office 804  
PO Box 13700, Dubai, UAE.



# Ramadan Kareem



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# Foodie file

What's hot and happening in the culinary world, here and around the globe.



Al Grissino Restaurant & Lounge



P&C by Sergi Arola



## Bigger is better!

Internationally renowned Japanese chef Nobu Matsuhisa recently launched the world's largest Nobu restaurant in Doha - and it's causing quite a stir! Located along the shoreline of Four Seasons Hotel Doha, the four-floored eatery comprises a large restaurant and sushi counter, two stylish bars with lounges, an outdoor terrace, and a rooftop bar with terrace, housed in a modern, spiralled over-water building. The Nobu Doha experience is quite a dramatic one, with bold, luxurious interiors that differ floor-to-floor, making for a cool, ultra-stylish atmosphere. With an expansive menu, there's something for everyone, including yellowtail sashimi with jalapeno, lobster with wasabi pepper sauce, Japanese wagyu beef, varied vegetable, fish, meat tempura and sushi, and not forgetting chef Matsuhisa's best known dish, the black cod miso. [www.noburestaurants.com/doha](http://www.noburestaurants.com/doha).

## DINE IN THE CITY

### THE HOTTEST NEW OPENINGS IN THE UAE!

- \* New York-born restaurant brand and celebrity hotspot, Catch, has officially opened its doors at Fairmont Dubai on Sheikh Zayed Road - in its first move outside of the US. Catch Dubai is a globally infused seafood restaurant serving up sophisticated yet approachable dishes in a sharing style menu, which also includes a wide selection of meat and vegetarian specialities. Call 04-3571755.
- \* A Milan favourite has launched in Dubai, bringing with it flavours of true Italian cuisine. Al Grissino Restaurant & Lounge Dubai, a spacious restaurant, lounge and bar located in DIFC offers a wide array of antipasti, pastas and seafood specialties. Call 04-3524000.
- \* Spanish Michelin-starred chef Sergi Arola has opened his signature restaurant P&C by Sergi Arola (formerly Pearls & caviar) at Shangri-La Qaryat Al Beri. The menu here is all about tapas with a twist and sharing platters - don't miss the patatas bravas and sardines - served in a glamorous and trendy environment. Call 02-5098777.
- \* Spread over three floors, the recently opened Tre by Roberto Rella at Radisson Royal Hotel, Dubai, presents diners with a one-stop Italian restaurant, bar and lounge offering, with each floor telling its own story. Call 04-4047700.



## A tryst with tea

Love teatime? Dilmah Tea has launched a challenge just for you! The Real High Tea at Home challenge invites foodies to create a high tea menu, paired with Dilmah teas, to be in with a chance to win an all-expense paid ten-day trip to Sri Lanka, the home of Dilmah. Creativity in the entries, from trying new flavours, to supporting photos and videos is encouraged, alongside recipes and the tea and food pairing information. The global challenge closes on June 15, find all the details and enter on [www.realhighteaathome.com](http://www.realhighteaathome.com).



“Life is uncertain.  
Eat dessert first.”

- Ernestine Ulmer





## New truck on the block

As the food truck scene booms across the UAE, Manzil Downtown Dubai introduces the latest meals on wheels venue - a 1970s, 23 foot, Airstream safari truck by Vida Hotels & Resorts. For a laid-back, casual and quirky bite, the truck will be serving up a range of popular street foods, sit-down menus, refreshing salads and lunch time meals. A special Ramadan menu is on offer, and the truck is also available for events catering. Call 04-4285888.

## A CULINARY JOURNEY AROUND DUBAI

We love progressive dinners, and when it's one curated by founder of restaurant review website Foodiva, you know it's going to be special! Dine Around Dubai is an evening of surprises - you don't know where you're going to eat, only the meeting point of the first venue. Typically, the evening features five restaurants with travel between them taken care of by Careem transfers - you could start with cocktails and canapés at a venue like Tomo, Raffles Dubai, offering stunning sunset views, followed by a starter course at Italian specialty restaurant Solo Bistronomia, also at Raffles. Qbara, a favourite for contemporary Middle Eastern, is ideal for delicious, sharing-style mains, as is La Serre for dessert, at their exclusive chef's table overlooking the kitchen. The selection of restaurants are all home-grown concepts, offer a variety of flavours and a unique setting, and each course is paired with fine wines courtesy of MMI. A must-do for any foodie in Dubai! Dhs1,050 per person, visit [foodiva.net/events](http://foodiva.net/events).



## Top of the gastronomical heap

After votes by almost 1,000 international restaurant industry experts (including our senior editor Sudeshna Ghosh), who make up The Diners Club World's 50 Best Restaurants Academy, Daniel Boulud has been awarded The Diners Club Lifetime Achievement Award 2015 - an accolade shared only by the most celebrated international chefs. Boulud's culinary stamp stretches across the globe with restaurants in north America, London and Singapore; we're wondering when he plans to join us here in the Middle East!



## UNI-READY!

We've all been there - or have siblings, sons or daughters who have - when it's time to leave home for the first time, head off to university and realise cooking a decent meal isn't as easy as Mum made it look! To combat this, Hello Chef! has established an initiative to teach students practical skills and self-sufficiency in the kitchen. The five-week online programme includes kitchen basics, from chopping onions and frying eggs, to preparing easy, nutritious meals that don't require more than 20 minutes of cooking. Hello Chef! also offers fresh ingredients with a recipe for anyone to create a home-cooked meal in less than 30 minutes. Prices start from Dhs34, [www.hellochef.me](http://www.hellochef.me).

## DID YOU KNOW?

**3.27 million tonnes** of food is wasted every year in the UAE, according to the United Nations.

## # What's trending

### #MyKidCantEatThis

Children can be fussy eaters, and this hashtag highlights just that, with thousands of highly-amusing parents turning to Instagram to report on dinner time struggles with their kids. Some excuses include: #MyKidCantEatThis - because the noodles aren't straight; because it looks like it needs a doctor; because Dad took the first bite; because mashed potatoes are scary - the list continues! Is your child a fussy eater? Share your #MyKidCantEatThis experiences with @BBCGoodFoodME.







# *Rang Mahal* *by Atul Kochhar*

Discover the sensational New India, courtesy of Michelin starred chef Atul Kochhar. A touch of tradition, fused with contemporary flair; creating a feast for the senses and inspiring your mind. Rang Mahal, the festival of color has begun.

JW Marriott Marquis Dubai  
Sheikh Zayed Road, Business Bay  
T +971 4 414 3000  
[jwmarriottmarquisdubailife.com](http://jwmarriottmarquisdubailife.com)



# Aisle file

Gorgeous gourmet buys, kitchen gear, home décor and more.



Tired of seeing your cupcakes ruined or squashed in containers? Try this **CAROSSEL CUPCAKE CADDY** from **LAKELAND** – perfect for sharing with friends. Dhs150.



Bring a touch of feminine elegance to your next dinner party, with these gorgeous **JULISKA DAHLIA NAPKIN RINGS**. Dhs59 at **BLOOMINGDALE'S DUBAI**.



Too hot to dine outside? Bring the outdoors in with this **FLORAL PRINT CHARGER** from **ZARA HOME**, Dhs40.

This **NICKEL PLATED WINE COOLER WITH LEATHER HANDLE** is perfect for chilled summer drinks. Dhs365 at **MARINA HOME**.



We love this **KUVINGS RED WHOLE SLOW JUICER AND SMOOTHIE**, which whips up delicious juices in an innovative, sound-proof way. The juicer takes in whole, uncut ingredients and leaves nothing behind, to provide maximum nutrition. Dhs1,650 at **TAVOLA**.



This stylish, Victorian-inspired **BRASS WEIGHING SCALE** adds a blend of classical and contemporary in the kitchen. Dhs1,200 at **AL HUZAIFA FURNITURE**.

Make Ramadan fun for the children with this creative, colourful **KIDS IFTAR SET**. Dhs974 at **HOME CENTRE**.



Add a dash of summer colour to the dinner table with these light pink **EMBOSS CERAMIC DRESSER CUPS**. Dhs7 at **CRATE AND BARREL**.



Enhance your coffee experience with **NESPRESSO'S NEW TOUCH COLLECTION**, to optimise crema and intensify aroma with a cup that maintains the perfect beverage temperature. Dhs120 at **NESPRESSO BOUTIQUES**.



# On test: Kitchen gadgets

We review some of the latest appliances on the market.



## Behmor 1600 home coffee roaster and green bean starter pack

This coffee roaster, which resembles an old-school compact microwave oven, looks like the most complicated gadget on the market. But using it isn't rocket science. A must-have accessory for any coffee lover, the sense of satisfaction you get from roasting your own coffee beans is incredible!

**What we liked:** The machine has a tray and cylinder-like drum inside which can both be pulled out. Along with the machine, you get three bags of coffee beans, which you can roast in batches of 100, 200 and 400 grams. Usually, we would dive in and fiddle around with the gadget, to figure out how to use it, but reading the manual is essential, as you don't want to burn your batch of beans - we burnt ours! Our batch of Brazilian green beans took about 35 minutes to roast. We roasted it for the given 17 minutes at first, but found that the beans were half done when we tried to grind it. Also, it didn't help that we had to stop the process midway, as the drum fell onto the tray, since we hadn't secured it carefully. Once we took out the burnt bits, back it went into the rotating drum in the roaster. What's great about the machine is that when you press the cool button, after you roast it to your preference, you can immediately take out the drum without burning yourself, as it cools down to room temperature. Once the kitchen is filled with aromas of roasted coffee and you have reached the ideal brown colour for your beans, take it out and grind it to a fine powder. Our cup of coffee turned out light, and slightly fruity, but this could also depend on factors like the brewing time in a French press, or the coffee bean profile.

**What we didn't like:** The roasting machine does a countdown when it reaches the last 30 seconds, and there isn't any alert sound, so you have to be on standby when it happens - to press the start button again, or else it will go into cooling mode, and the beans can go to waste if not done enough. Also, we wish the machine had an automatic grinder accessory, rather than requiring manual grinding.

**To buy:** Dhs1,599, available from [givemecoffee.ae](http://givemecoffee.ae).

## Electrolux Masterpiece collection blender

This leading kitchen brand's first range of domestic appliances features a three-piece range that has been designed with professional chefs' inputs to help home cooks churn out restaurant-style dishes.

**What we liked:** Sleek and elegant, the blender features a unique 'PowerTilt' technology which has the jug positioned at a bit of an angle to enable smoother blending (remember back when our mums used to hold their blenders at an angle for optimum results?!). The blender is delightfully easy to handle with one-touch buttons for automated functionality - the buttons are pre-programmed for things you'd typically use a blender for, such as smoothies and soups. Just add the ingredients to the large jug - which conveniently doubles up as a measuring jug - press the button, and off it goes on an automated timer. It stops and starts periodically, and beeps



when done. With titanium coated ultra-sharp blades, the results are perfect every time. The best part? It is one of the quietest blenders we've ever seen. While one might argue a blender is a blender, for those who like paying a bit more for a bit of luxury in their lives, this is worth it.

**To buy:** From Dhs1,500, at select home stores and supermarkets.

## My Kitchen Food Dehydrator

Long the preserve of professional kitchens, dehydrators are now becoming popular in home kitchens too, with mothers seeing it as an easy solution to providing their kids with healthier snacks. Measuring just 33cm in diameter and 24cm in height, this counter-top dehydrator has five height-adjustable trays and a fan that spreads gentle heat through the appliance.

**What we liked:** Lakeland positions it as ideal for fruit and veg, but reports on its website show people have also used it to dried flowers or make beef jerky - usefully, it contains all smells. It's easy to use - just slice your produce and arrange on the trays, switch on and return to dried and concentrated flavour. Except it's not quite that simple. Instructions suggest either soaking some fruits in apple juice or blanching some vegetables plus swapping the trays around at one-hour intervals - for some foods, the dehydration can be a 12-hour process which feels like more of an all day commitment than a simple switch-and-leave process. But, it's simple to operate and a fun way to get kids to eat more of their 5-a-day, especially if you get them involved.

**What we didn't like:** The noise of the machine; the uneven drying and the uncertainty of timing - instructions are to keep checking; and that to swap trays around, you need to turn off the machine and let it cool as there are many online reports of trays cracking and breaking. Overall, it feels like a lot of extra work involved in what should be a simple process which makes you wonder at the price point, and whether just a sheet pan in the bottom of a cool oven might not be a better alternative? Probably wouldn't elicit the exact same results though.

**To buy:** Dhs 349, at Lakeland.







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IMMER BESSER

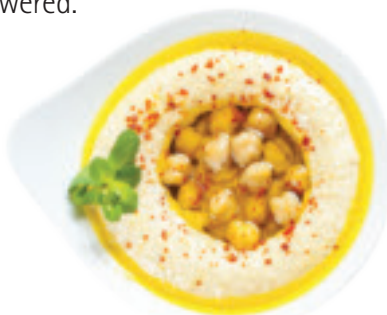


# Here to help

All your culinary and décor questions answered.



Tomas Reger, independent chef and founder of Tomas Reger Food Consultants, addresses your cooking dilemmas.



**Q** What's the secret to selecting the best, most flavourful tomatoes? Sometimes they can be so tasteless and powdery!

**A.** Like with any fruits and vegetables - if it does not smell, it does not taste, so give it a smell. With tomatoes, there are many varieties available. Always look for the ones with firm flesh and on the vine - that is what gives them flavour.



**Q** Avocado in my lunchbox keeps turning brown - how can I prevent this from happening?

**A.** The most common way to prevent this is to wipe the sides of your lunchbox with lemon or olive oil. If you don't want to add any flavour, then carefully seal the avocado in a zip-lock bag. At home, you can also store the cut avocado with raw onion - it helps keep it fresh for longer.

**Q** What's your advice on making the perfect hummous, to get the right consistency and taste?

**A.** Always soak the chickpeas overnight with a teaspoon of soda bicarbonate as it helps with the water absorption. Make sure you cook the chickpeas well too - till you can smash them easily with your thumb. Do not salt the water either as salt does not allow the chickpeas to soften sufficiently. If you want to take it to the next level, peel the chickpeas - if cooked right, the skin will peel off easily between your fingers.

**Q** Pan-frying chicken can often leave it burnt on the outside, yet not cooked properly inside. What's the best way to get it right?

**A.** Cooking protein in general is about choosing the right temperature. If it is too low, the juices start running out and steam the meat instead of caramelising. If it is too high, it burns before it cooks through. My trick is to get the colour on the chicken breast in a pan over medium heat and then finish it in the oven at 160C for 10 minutes - depending on the size of the chicken. It helps if you are using a pan that can go straight in the oven.

## Tom's ingredient of the month



Dates - this Middle Eastern staple is available in great variety across the region. Apart from being a good source of fibre, they also contain potassium, which helps the nervous system. I like using dates and date syrup not only for baking, but in savoury dishes too. For an interesting canapé, slice large dates halfway through and stuff them with soft goat's cheese, mixed with za'atar and parsley.

Follow chef Tomas [@tomthechef](https://twitter.com/tomthechef) [cheftomasreger](https://facebook.com/cheftomasreger) [cheftomasreger](https://instagram.com/cheftomasreger)

## DESIGN Q&A

Interiors expert Pavitra Pujary, founder of interior design firm Pure Coalesce, offers practical home décor advice.

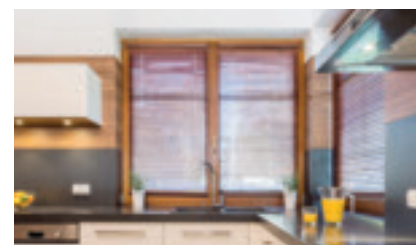


**Q** It's getting hot outside, how can I make my kitchen a more social place to entertain inside?

**A.** I would recommend using the island of a kitchen as the centre for entertainment. Dress it up as you would your dining table. Divide the space strategically by placing drinks and appetisers, and add flowers or candles to make it more inviting. You can also dress the area beneath the kitchen island with an attractive rug. Chandeliers are not just for living rooms, you can install a decorative pendant over the counter for that extra sparkle. If you do not have an island, you could always recreate the same look by using a foldable table for four to six people which can be stacked away when not in use. The colours of summer can also be reflected in your china and tableware.

**Q** I want to bring as much light into the kitchen as possible. How do I best dress my windows?

**A.** Blinds work best for a kitchen window. By choosing blinds, you always have the option of rolling up the blind for full view and light from outside. Opt for blinds that roll up; you can create a decorative pelmet to hide the roller blind when not in use. As the kitchen is a wet area, I would suggest to opt for ones that can be easily cleaned. If you have wooden cabinets, you can also choose blinds which have a wooden texture.





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Middle East

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round-up



Moroccan menu  
for friends



Tips for  
healthy fasting





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# Flavours of the month

Our pick of the best Iftars  
and Suhoors this month.

## \* Dubai Ballroom, JW Marriott Marquis Dubai

For the holy month of Ramadan, JW Marriott Marquis Dubai, will delight guests with a luxurious Iftar in the UAE's largest ballroom. Iftar will feature more than 150 signature dishes including favourites like the Marriott mixed grill, whole lamb ouzi, shrimp machbous and Indian specialty dish, murgh makhani.

*Dhs195 per person, call 04-4140000.*



Dubai Ballroom, JW Marriott Marquis Dubai

## \* Atayeb at Origins, Yas Viceroy Abu Dhabi

A fully-air-conditioned tent, located on the terrace of Origins restaurant, invites guests to enjoy an a la carte menu that includes a range of Arabic mezze and traditional dishes, for Suhoor.

*Dhs130 cover charge, call 02-6560600.*

## \* Rogos Restaurant, Yas Mall, Abu Dhabi

Break your fast with a twist and turn this month, at Rogo's, the UAE's first and only roller-coaster inspired restaurant. The dining concept is anchored by a network of 30 individual roller coaster tracks that securely deliver dishes directly to each table.

Throughout Ramadan, an affordably priced menu will offer traditional dishes including lamb biryani and classic butter chicken.

*À la carte menu, call 02-5650888.*

## \* Safinah Ballroom, Jumeirah Beach Hotel

Step into an enchanting atmosphere to enjoy Iftar with family and friends this Ramadan at Safinah Ballroom. The relaxing ambience presents an array of Middle Eastern culinary treats, from seasonal juices, to mouthwatering mixed grills and roasts.

*Dhs195 per person, call 04-4068999.*

## \* Shayan Restaurant, Al Ghurair Rayhaan by Rotana

Step into this contemporary Iranian restaurant for a modern, Persian-themed Iftar. A set buffet will serve an array of traditional favourites including ash e reshteh, a thick noodle soup with red kidney beans and chickpeas, and Iranian Haleem, a dish made of wheat and turkey, chicken or lamb, plus more.

*Dhs198 per person, call 04-2933000.*

## \* Sultan's Lounge, Jumeirah Zabeel Saray

With an array of authentic Arabian delights available in an elegant venue, the Suhoor experience here features Arabic favourites such as hommous, labneh, fattoush, tabouleh, moutabel, warak enab, falafel, rakakat, kebbeh, meat sambousek and more.

*À la carte menu, call 04-4530456.*

## \* The Terrace, St. Regis Abu Dhabi

A specially crafted Iftar menu including live cooking stations and an array of delectable flavours from across the Middle East awaits diners here. Journey between dishes from Turkey, Iran, Armenia, Syria, Jordan, Lebanon, Egypt and Morocco, with highlights including kashgeh bademjan, salt crusted hammour, and slow roasted lamb ouzi.

*Dhs150 per person, call 02-6944553.*

## \* The Constellation Ballroom, The Address Dubai Marina

If you're looking for a special place to enjoy Iftar, the Constellation Ballroom is one that leaves diners spoilt for choice. From a grand selection of typical Arabic dishes, hot and cold mezze, mains, desserts, dates and seasonal juices, the stylishly-displayed buffet also serves a range of international cuisines - ideal for those wanting a change from the usual Iftar spread.

To follow, there's also a special air-conditioned tent, offering a full range of flavourful shisha.

*Dhs190 per person. Call 04-4367777. >>*





## \* Dunes Café, Shangri-La Hotel, Dubai

From sunset, guests at Dunes Café can sit back and enjoy Middle Eastern specialties and beverages, including traditional hot and cold mezze, mains such as whole-baked salmon harra and a delightful variety of Arabic sweets and desserts.

*Dhs175 per person. Call 04-3438888.*

## \* Benjarong, Pax and The Californian, Dusit Thani Dubai

Encounter Iftar 24 floors above Sheikh Zayed Road, at Dusit Thani Dubai, where diners are able to experience flavours of three different restaurants, offering a wide variety of Arabic and international culinary flavours. What's better, the hotel donates a percentage of each guest's bill, to Operation Smile, a UAE-based children's charity.

*Dhs145 per person. Call 04-3433333.*

## \* Caravan, The Ritz-Carlton, Dubai

Take a gastronomic journey around the world as The Ritz-Carlton, Dubai goes global with its Suhoor offering. Ideal for intimate Suhoor gatherings, Caravan will offer an exclusive a la carte menu featuring Arabic and international dishes, as well as over 25 flavours of shisha. An Arabic duo will provide live entertainment over the course of the evening, from 10.30pm until 2am.

*Dhs90 minimum spend per person.  
Call 04-3186150.*



## \* Talk Restaurant, Mövenpick Hotel Jumeirah Beach

Embrace the spirit of Ramadan this month at Talk Restaurant's Iftar buffet, offering a variety of hot and cold mezzes, live cooking stations, refreshing juices and all the seasonal favourites. In addition to the Arabian-inspired setting, a live oud player and flavours of shisha will be served on the outdoor terrace.

*Dhs135 per person, children under 12 dine free. Call 04-4498888.*



## \* Flow Kitchen, Fairmont The Palm

Experience Iftar with views of the Arabian Gulf at Flow Kitchen, where an extensive buffet will be available, serving everything from traditional Arabic juices and dates, to delicious Emirati-style lamb ouzi. The food offering includes specialities from the Gulf countries, but also features cuisine from Asia and Europe.

*Dhs185 per person, call 04-4573388.*

## \* Asia de Cuba, Nation Towers, Abu Dhabi

Indulge in a four-course Iftar menu specially crafted for the Holy Month at Asia de Cuba, including dishes such as grilled lamb chops with stuffed lamb saddle, black bean hash and a choice of bread pudding with orange blossom honey cream and pistachio dessert. Presenting the perfect union of Asian and Latin flavours with an Arabic touch, the Chino-Latino dining destination sets the scene for a special place to enjoy Ramadan with friends and family.

*Dhs175 per person, call 02-6993333.*

## \* Reem Al Bawadi

A delicious Iftar buffet with a wide selection of starters, dates, fruits, assorted traditional Ramadan drinks, soups and a variety of main course dishes with lamb, chicken, fish and more, will be served at this well-loved award-winning casual restaurant with a selection of mouthwatering desserts to finish. During the holy month, by adding Dhs20 to your bill, you can also support their campaign to 'feed a worker during Ramadan'.

*Dhs130 per person, call 04-4522525.*


## \* Nine7One, The Oberoi, Dubai

For an elaborate Arabic Iftar experience, Nine7One is the place to be. With speciality dishes from nine Arabic countries, there's not a traditional dish you won't find here. The offering also includes a modern take on dishes, such as a falafel burger and a molecular, de-constructed Umm Ali.

*Dhs185 per person, call 04-4441444.*

## \* Safinah Ballroom, Jumeirah Beach Hotel

Step into an enchanting atmosphere to enjoy Iftar with family and friends this Ramadan at Safinah Ballroom. The relaxing ambience presents an array of Middle Eastern culinary treats, from seasonal juices and Arabic coffee, to mouth watering mixed grills and roasts.

*Dhs195 per person, call 04-4068999. *



**8:15 PM** *The moment you can reflect  
on the true meaning of generosity*

Rediscover the meaning of giving with rewarding experiences at Fairmont The Palm. Participate in our Ramadan initiative, where part of the proceeds from every Iftar experience enjoyed at Flow Kitchen will be donated towards a charity of your choice. Get together with loved ones for delightful Suhoor experiences.

What's more, visit [celebrateatfairmont.com](http://celebrateatfairmont.com) to register and share the spirit of Ramadan through exciting gift vouchers. You will be rewarded with a chance to win a trip to Mecca.

For reservations, call +971 4 457 3388 or email [palm.dining@fairmont.com](mailto:palm.dining@fairmont.com)

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THE PALM



# Arabian feast for a crowd

Keep it simple this Ramadan with a modern Moroccan menu that looks and tastes amazing. And you can prepare most of it ahead – easy! Recipes CASSIE BEST Photographs PETER CASSIDY



## Menu for 6

- Butternut & harissa hummous
- Seeded flatbreads
- Pulled lamb shoulder with sticky pomegranate glaze
- Golden couscous with apricots & crispy onions
- Minty carrot, pistachio & feta salad
- Rose cream & raspberry jellies

## Butternut & harissa hummous

**SERVES 6 PREP** 10 mins plus cooling **COOK** 45 mins

**EASY** **V** **10 OF 5 A DAY** **GOOD 4 YOU** **SNOW**

- 1/2 butternut squash (about 400g), peeled and cut into 2cm pieces**
- 3 garlic cloves, unpeeled**
- 2 tbsp olive oil**
- 3 tbsp tahini**
- 1 tbsp harissa, plus a little extra for drizzling**
- 400g can chickpeas, drained and rinsed**

- 1** Heat oven to 200C/180C fan. Put the butternut squash and garlic cloves in a roasting tin, season well and add 100ml water. Cover the tin with foil and bake for 45 mins, until the squash is really tender. Leave to cool.
  - 2** Tip the squash into a food processor with any juices from the tin. Add the garlic cloves, squeezed out of their skins. Add the remaining ingredients, season with salt and blend to a paste.
  - 3** Scrape the hummous into a bowl. Drizzle with extra harissa before serving.
- PER SERVING** 155 kcs • protein 4g • carbs 13g  
• fat 9g • sat fat 1g • fibre 3g • sugar 3g • salt 0.4g

## Seeded flatbreads

**MAKES 12 PREP** 45 mins plus rising **COOK** 30 mins

**EASY** **V** **GOOD 4 YOU** **SNOW**

- 7g sachet dried yeast**
- 1 tsp caster sugar**
- 400g strong white bread flour**
- 200g wholemeal bread flour**
- Oil, for greasing**
- 1 tbsp kalonji seeds (also called black onion seeds or nigella seeds)**
- 2 tbsp sesame seeds**

**1** Mix the yeast with 2 tbsp warm water and sugar, and leave for a few mins. Tip the flours into a large bowl with 1 tsp salt and make a well in the centre. Pour in the yeast mixture and 500ml warm water. Mix with

a wooden spoon until it comes together as a dough, then tip onto a work surface and knead for 5-10 mins until smooth and elastic – add a little extra flour if the dough is too sticky. Put the dough in an oiled bowl, cover with a tea towel and leave in a warm place to rise for 1 hr until doubled in size.

**2** Tip the dough onto your work surface and knock out all the air. Knead the seeds into the dough until well distributed. Divide the dough into 12 pieces, then roll out each as thinly as you can. Heat a large frying pan, cook the flatbreads for 2 mins or until bubbles appear on the surface, then flip over and cook for 2 mins more. Once all are cooked, wrap in foil and keep for up to a day. Pop in a warm oven to reheat.

**PER FLATBREAD** 189 kcs • protein 7g • carbs 34g  
• fat 3g • sat fat none • fibre 3g • sugar 1g • salt 0.4g



**Golden couscous  
with apricots & crispy  
onions, recipe p22**

**Pulled lamb  
shoulder with sticky  
pomegranate glaze, recipe p22**





## Minty carrot, pistachio & feta salad

**SERVES 6** **PREP** 20 mins plus chilling **COOK** 30 mins  
**EASY** **V** **FOLATE** **FIBRE** **1 OF 5 A DAY**

**2 tbsp olive oil, plus a little extra for drizzling**

**500g carrots, halved and cut into chunks**

**400g can chickpeas, drained and rinsed**

**2 tsp ground cumin**

**Juice of ½ a lemon**

**1 tbsp clear honey**

**Small bunch of mint, chopped**

**2 big handfuls of spinach leaves**

**100g bag shelled pistachios, roughly chopped**

**200g feta, crumbled**

**1** Heat oven to 200C/180C fan. Tip 1 tbsp of the oil, the carrots, chickpeas and cumin onto a baking tray, season and toss to coat. Roast for 30 mins or until the carrots are tender.

**2** Mix together the lemon juice, honey and remaining oil, then pour all over the roasted carrots and chickpeas. Leave to cool. *You can chill the salad at this stage, for up to 1 day; just bring it out of the fridge 1 hr before serving.*

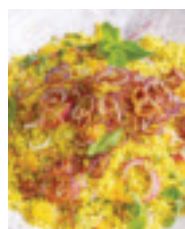
**3** Mix through the mint, spinach leaves and pistachios, and check the seasoning. Scatter the feta over and drizzle with a little extra oil.

**PER SERVING** 307 kcs • protein 12g • carbs 20g  
 • fat 20g • sat fat 6g • fibre 6g • sugar 10g • salt 1.6g

Try our  
cover  
recipe!

## Golden couscous with apricots & crispy onions

**SERVES 6** **PREP** 15 mins  
**COOK** 20 mins **EASY** **V**  
**LOW FAT** **FIBRE** **1 OF 5 A DAY** **GOOD 4 YOU**



**500g couscous**

**1 vegetable stock cube**

**2 tsp turmeric**

**1 tsp ground cinnamon**

**100g dried apricots, chopped**

**3 red onions, thinly sliced**

**1 tsp caster sugar**

**About 500ml vegetable or sunflower oil, for frying**

**Zest and juice of 1 lemon**

**2 tbsp olive oil**

**Small handful of coriander, chopped**

**Small handful of mint, chopped, a few leaves reserved**

**1** Boil a kettle. Tip the couscous into a large bowl, crumble in the stock cube, then add the turmeric, cinnamon and apricots, and season well. Pour over 500ml boiling water, give everything a quick stir, then cover with cling film and leave for 5 mins.

**2** Put half the sliced onions in a bowl with a good pinch of salt and the sugar, pour over enough boiling water to cover and leave to steep for 10 mins. (This will remove some of the onions' acidity and turn them a beautiful bright pink colour.)

**3** Heat enough oil to come about 5cm up the side of a deep saucepan. Once hot, fry the remaining onions in batches for 1-2 mins until golden and crispy. Drain on kitchen paper and sprinkle with salt.

**4** Use a fork to fluff up the couscous. Drain the steeped onions and stir through the couscous with the lemon zest and juice, olive oil and herbs. Tip onto a serving platter or bowl and scatter with the crispy onions and mint leaves.

**PER SERVING** 403 kcs • protein 12g • carbs 67g  
 • fat 8g • sat fat 1g • fibre 6g • sugar 11g • salt 0.6g

## Pulled lamb shoulder with pomegranate glaze

**SERVES 6** **PREP** 20 mins plus marinating  
**COOK** 5 hrs **EASY** **IRON**



**4 garlic cloves, chopped**

**2 tsp ground cinnamon**

**2 tsp ground cumin**

**1 tbsp dried oregano**

**1 lemon, quartered, pips removed**

**1.5kg bone-in lamb shoulder joint**

**2 red onions, cut into wedges**

**1l pomegranate juice**

**2 tbsp clear honey**

**250g natural yoghurt**

**100g tub pomegranate seeds, or seeds from 1 fresh pomegranate**

**Small handful of mint leaves, chopped**

**1** Put the garlic, cinnamon, cumin, oregano and lemon in a blender with 1 tsp salt and 2 tsp black pepper. Blend until smooth. Put the lamb in a large roasting tin and tip the marinade over the top. Massage all over the lamb and leave for 24 hrs in the fridge, or up to 2 days.

**2** Remove lamb from the fridge 1 hr before cooking. Heat oven to 160C/140C fan. Scatter the onions around the lamb, tucking some underneath, then pour over the pomegranate juice. Cover the lamb with foil and cook for 4 hrs.

**3** Remove the foil, carefully pour the meaty pomegranate juices from the tin into a large saucepan and add the honey. Increase oven to 220C/200C fan, re-cover the lamb and continue cooking for 30 mins. Meanwhile, bubble the cooking liquid over a high heat until reduced, thick and syrupy - this may take up to 30 mins.

**4** Pour the sticky pomegranate glaze over the lamb and onions and return to the oven for another 30 mins, uncovered, until the glaze is bubbling and just starting to char, and the lamb is really tender. Mix the yoghurt, most of the pomegranate seeds and mint leaves in a small bowl. Shred the lamb at the table and serve with the sticky onions and the minty pomegranate yoghurt. Scatter over rest of the pomegranate seeds.

**PER SERVING** 668 kcs • protein 46g • carbs 33g  
 • fat 39g • sat fat 19g • fibre 1g • sugar 32g • salt 1.3g >>





**Impress your guests with  
new flavour combinations**



## Rose cream & raspberry jellies

**MAKES 6** **PREP** 10 mins plus chilling **COOK** 5 mins



**135g pack raspberry jelly**  
**500ml double cream**  
**1 tsp rose water**  
**12 raspberries, halved**  
**Drizzle of clear honey**  
**Small handful of mint leaves**  
**1 tbsp pistachios, chopped**

**1** Boil a kettle. Break the jelly cubes into a jug, pour over 100ml boiling water and stir to dissolve. Gently warm the cream in a small pan, then remove from the heat and pour in the jelly mixture. Stir in the rose water, then tip the mixture back into your jug. Divide the jelly between 6 small glasses and chill for 2 hrs or until set.

*Can be made 1 day ahead.*

**2** Remove the jellies from the fridge about 20 mins before serving. Divide the raspberries between them, then add a drizzle of honey, a few mint leaves and a sprinkling of pistachios to each.

**PER JELLY** 501 kcs • protein 3g • carbs 19g

• fat 46g • sat fat 28g • fibre 1g • sugar 18g • salt none

All the flavours  
of Turkish delight





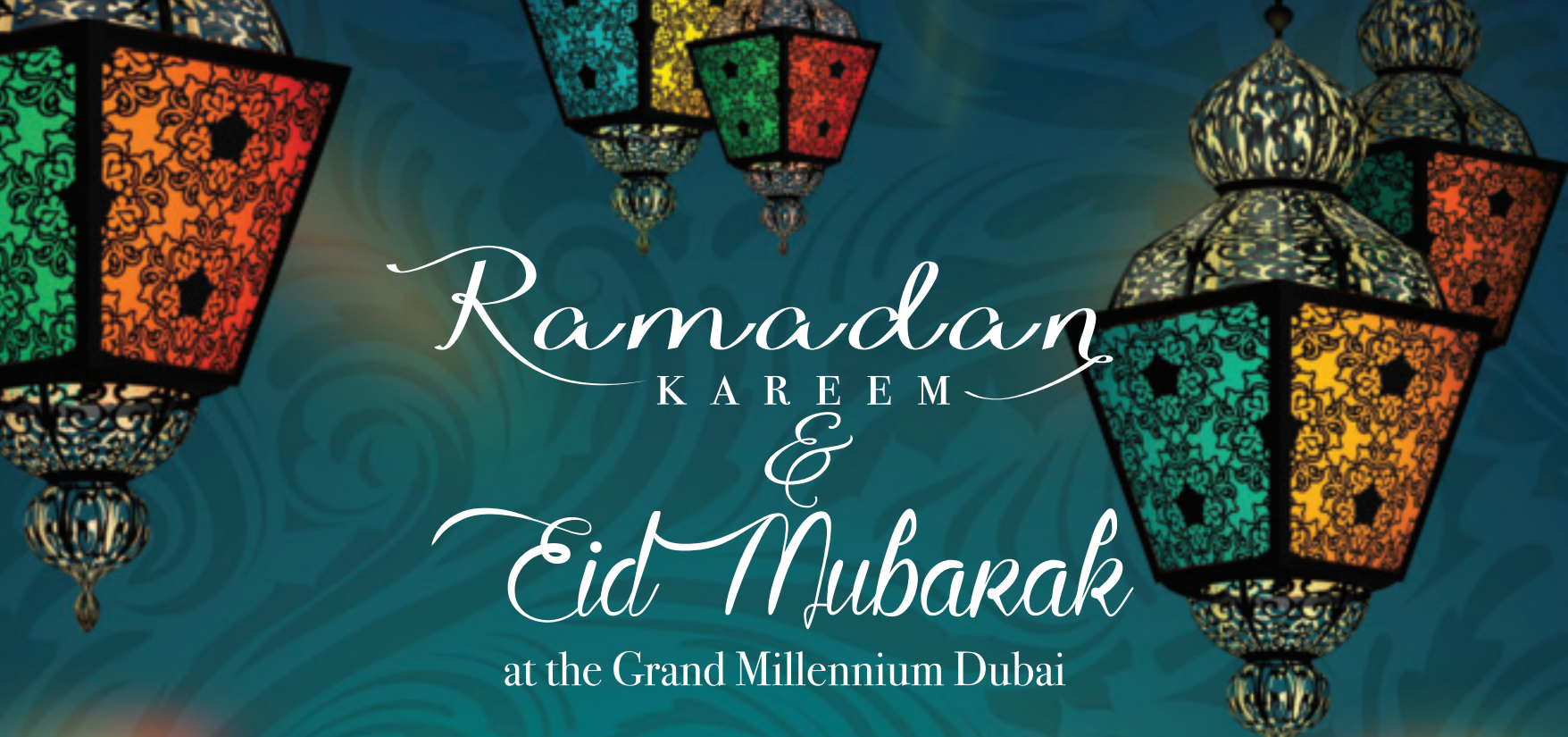
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For a special Ramadan, take your pick from our brilliant ready-to-roast range. Choose between rolled legs of lamb with Moroccan-style stuffing or zaatar salsa verde, or chicken breasts filled with zaatar and pesto cream cheese. Iftar made easy with Spinneys.





Several ornate, multi-colored lanterns (red, orange, green, blue) with intricate patterns hang from the top of the page, casting a warm glow.

# Ramadan K A R E E M & Eid Mubarak

at the Grand Millennium Dubai

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Book an irresistible Iftar buffet experience during the month of Ramadan at The Atrium Restaurant. Enjoy a delicious variety of Mediterranean and International dishes, live cooking stations, Arabic beverages and desserts for only **AED 140** per person.

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**50% discount** for children between 6-12 years and children below 6 are free of charge.  
Maximum of 2 children per family

For reservation or more information

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#Love #Burrata

### Where: Cle Dubai, DIFC

**What's it like:** Having opened to much hype a few months ago, Cle has gained popularity as a nightspot. The luxe, spacious restaurant and lounge is divided into different zones, with opulent furnishings, mood lighting and quirky touches such as a gun-themed bar backdrop, and funky lamps. Greg Malouf, the Lebanese-Australian celebrity chef behind the restaurant, specialises in bringing contemporary twists to classic Middle Eastern flavours and he does that with great flair in this sharing-style menu.

Although it isn't too long, everything sounds so delicious, choosing isn't easy! From the cold sharing dishes' selection, my friend and I opted for the duck shawarma salad – a new way to eat this regional favourite; the golden spiced calamari with tahini and eggplant, again, an innovative way to bring the flavours of hummous and mouttabal into an unlikely but tasty partnership with succulent calamari; and a fresh, light Italian burrata with courgette salad, given an Arabic makeover with a za'aatar and pomegranate dressing.

There are no main courses as such, but the hot sharing dishes are slightly larger portions. Our choices of the tandoori French quail with peppers and pine nuts and the signature lamb shoulder in baharat spices with goat's cheese mash – melt-off-the-bone meat served with a smouldering side of hay, to add an element of theatre and smokiness to the dish – were both scrumptious. The dessert selection, in a similar vein, takes traditional Arabic and makes them modern – our thousand layer pressed apple cake with lime mousse and honey wafers was a showcase of extreme culinary finesse, while the honey and yoghurt pannacotta offered an innovative take on a classic.

Throughout the evening, the dexterity and subtlety that Greg is known for, came through, to make for an exquisite meal. I believe it's high time the real hero of the venue, the food, gets its moment in the sun.

**Best for:**  
A special night out

**If you want to go:** Around Dhs550 for two, without drinks. Call 04-3525150.

- Sudeshna Ghosh

### Where: Em Sherif, The Address Downtown Dubai

**What's it like:** Nestled on the lower floor of The Address Downtown Dubai, Em Sherif overlooks the Burj Khalifa and is accessible through both the hotel and via Dubai Mall boulevard.

A well-loved import from Beirut, the lively restaurant welcomed my dining partner and I with the sounds of traditional Lebanese live music, creating an authentic, cosy atmosphere.

Despite magnificent water fountain views from the outside terrace, we opted to dine inside, where the walls were draped with Ottoman-styled plates on a pale blue backdrop, with deep purple accents scattered across the drapery and tableware. The décor was shabby-chic, yet it retained an air of fine-dining sophistication – offering a unique Arabic vibe.

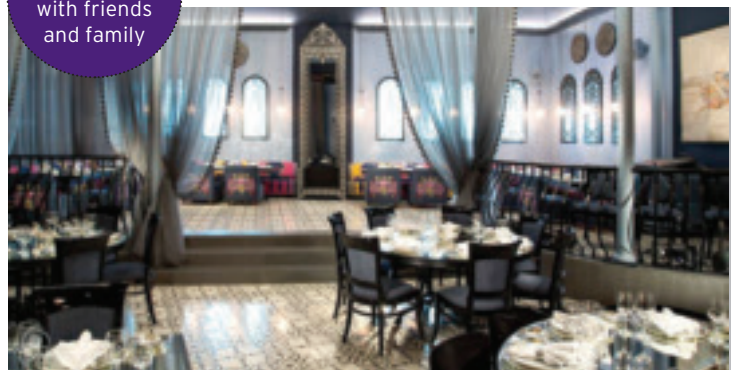
Upon arrival we were quickly told that there was no a la carte menu available, however, we would be served a set menu comprising 32 individual dishes – despite being just a table of two. Shortly after, our feast began. To start, traditional dishes such as tabbouleh, fattoush, and man'ousheh, were served, sharing-style to the table with warm, freshly baked bread, and the cold mezze to follow. Before we knew it, the table was overflowing with labneh, moutabbal, hummous, shakshouka, kibbeh nayah, a beef tartare-like dish, plus warm mezze dishes, including fatteh, arayees, and ginger spiced prawns, which were all delicious.

Then came the grilled meats. Succulent pieces of chicken and lamb kebab, cooked and seasoned to perfection, were served, alongside a rice and chicken dish. Our helpful waiter noticed we were beginning to struggle, so gave us a comfortable breather before bringing out the five desserts. Of course, a warm umm Ali was presented and tasted wonderful, in addition to a stuffed pastry called tamriyeh and a creamy mohalabiyyeh with crushed pistachios. Capped by a serving of Arabic coffee, the experience was extremely enjoyable. Although I've never visited Beirut, I envision this being somewhat a replica of the authentic eateries there.

**If you want to go:** Fixed price of Dhs320 per person for dinner, call 04-4243000.

**Best for:**  
A get-together with friends and family

- Sophie McCarrick





# A world of flavours



The world's tallest hotel, JW Marriott Marquis Dubai, is set to present a unique experience across various outlets this Ramadan, says Nicola Kadmos, Arabic Banquet Chef at the hotel.



## Where does JW Marriott Marquis Dubai draw inspiration from, during the holy month?

We draw inspiration from the feeling of family and togetherness during the Holy Month. For these few short weeks, the city is united in a peaceful state and families and friends come together to give thanks. We reflect this feeling of togetherness in our Iftars, where the dishes are designed for sharing and the seating allows families, groups of friends or colleagues to interact. For culinary inspiration, we look to all the regions of the world celebrating Ramadan to create special menus such as the Rang Mahal Iftar, which is based on dishes that Indian Muslims prepare for the Holy Month, rather than solely Arabic. I find the oud player and Arabic music very inspirational when creating Iftar menus, it reminds me of home, family and people enjoying together.



## Throughout Ramadan, what makes the offering at JW Marriott Marquis Dubai different from others?

Our uniqueness lies in quality and our buffets are always premium. There can be a tendency for some buffets to have a slow turnover of food which results in a lack of freshness, but our buffets are multi award-winning in the city and renowned for their range and quality. We also pride ourselves on crafted, intuitive and authentic service.

## How do your outlets capture the cultural experience of Ramadan for guests?

The essence of Ramadan is to identify and empathise with those less fortunate than us, and to reflect upon our blessings. Through the 'JW Marriott Marquis Dubai Thank the Community Initiative', we will be selecting some of the hard-working charities in our city and inviting them for complimentary Iftars to show our appreciation. Within the outlets, we provide traditional dates and dried fruits to break the fast, along with traditional Arabic coffee and historically homemade Ramadan juices like Tamarind and Jellab. We also create all the family favourite Ramadan sweets like konafa, halawet al jibn, basbousa and awamat.

## And what offerings will be available in Kitchen6?

An international Iftar will be available this Ramadan in award-winning Kitchen6 restaurant. Featuring six live cooking stations, Kitchen6 presents Asian woks, Middle Eastern grills, European roasts, authentic Indian cuisine, an organic section and the world-class Kitchen6 dessert buffet. The 400 person-capacity restaurant features a colossal 225 dishes, prepared by specialty chefs.

## Do you have any other special arrangements for Ramadan this year?

The iconic Dubai Ballroom will be transformed for Ramadan into an opulent lounge of gold and cream, a stunning setting to share Iftar and Suhoor. Classic Arabian cuisine will be served by award-winning chefs in a vast and varied buffet for which the hotel is now renowned. Shisha will be available in a fully air conditioned atmosphere with live oud players creating a special ambience, ideal for relaxing and spending time with loved ones. Suhoor in Dubai Ballroom features a family-style luxury collection menu with over 150 signature dishes available.



These include favourites such as JW Marriott Marquis signature mixed grill, whole lamb ouzi, traditional shrimp machbous and Indian specialty dish, murgah makhani.

## What specialty dishes can we expect to find during Ramadan at these outlets?

For an Iftar with a difference, Rang Mahal by Atul Kochhar will host a sumptuous menu with 11 specialty dishes celebrating the heritage of Indian cuisine infused with a modern twist. Specialty dishes will include Gulf shrimps in

creamy saffron marinade, Indian lamb shanks stewed with caramelised onion turmeric, royal cumin, black cardamom, cinnamon and clove, along with stewed chicken in yoghurt and almond sauce, a speciality of Bengali Muslims.

## What are the top five dishes not to miss during Iftar with JW Marriott Marquis Dubai?

JW prime rib beef; whole local lamb ouzi; JW Marriott Marquis signature mixed grill; murgah rizala at Rang Mahal by Atul Kochhar; the Turkish ice cream station.

## BOOK NOW!

- Iftar at Kitchen6 is Dhs195 per person, daily from sunset until 8.30pm. Children under 5 years eat for free, children aged 6-12 get a 50% discount.

- Rang Mahal set menu is Dhs325 per person.

- In the Ballroom, Iftar is Dhs195 per person, Suhoor is offered with an à la carte menu.

**JW MARRIOTT  
MARQUIS  
DUBAI**





# Emirati classics

Be inspired by local flavours this Ramadan, and treat your guests to a traditional and healthy meal with these recipes from Al Fanr restaurant. Photographs MAKSYN PORIECHKIN

Khoboz khameer (traditional bread with date syrup)

**SERVES 4** **PREP** 10mins plus 3hrs for fermentation

**COOK** 10mins **EASY**

**350g dry dates**

**500ml water for soaking dates**

**500g wholewheat flour**

**25g white sugar**

**25g milk powder**

**1/2 tbsp cardamom powder**

**25g butter**

**1 tbsp yeast**

**1 egg, for egg wash**

**Pinch of sesame seeds, for garnish**

**100ml dates syrup**

**1** Soak the dates in water for 2 hrs, then mash and strain them through a sieve to make a paste.

**2** In a mixer, blend the dates paste for 2 mins, then add the flour, sugar, milk powder, cardamom powder, butter, and yeast. Mix well until thoroughly mixed. Let the dough

ferment for 3 hrs.

**3** Once the dough is fermented, separate into dough balls slightly larger than a ping pong ball, flatten into a rounded shape with your hands. Coat each with the egg wash and sprinkle the sesame seeds over it. Bake in the oven for 10 mins at 180C until well done.

**4** Serve hot with the dates syrup.

**PER SERVING** energy 872 kJ • fat 9.4g • saturates 5g • carbs 183g • sugars 80g • fibre 9g • protein 18g • salt 0.3g





### Shorabat adas (lentil soup)

**SERVES 4 PREP 10 mins COOK 45 mins EASY**

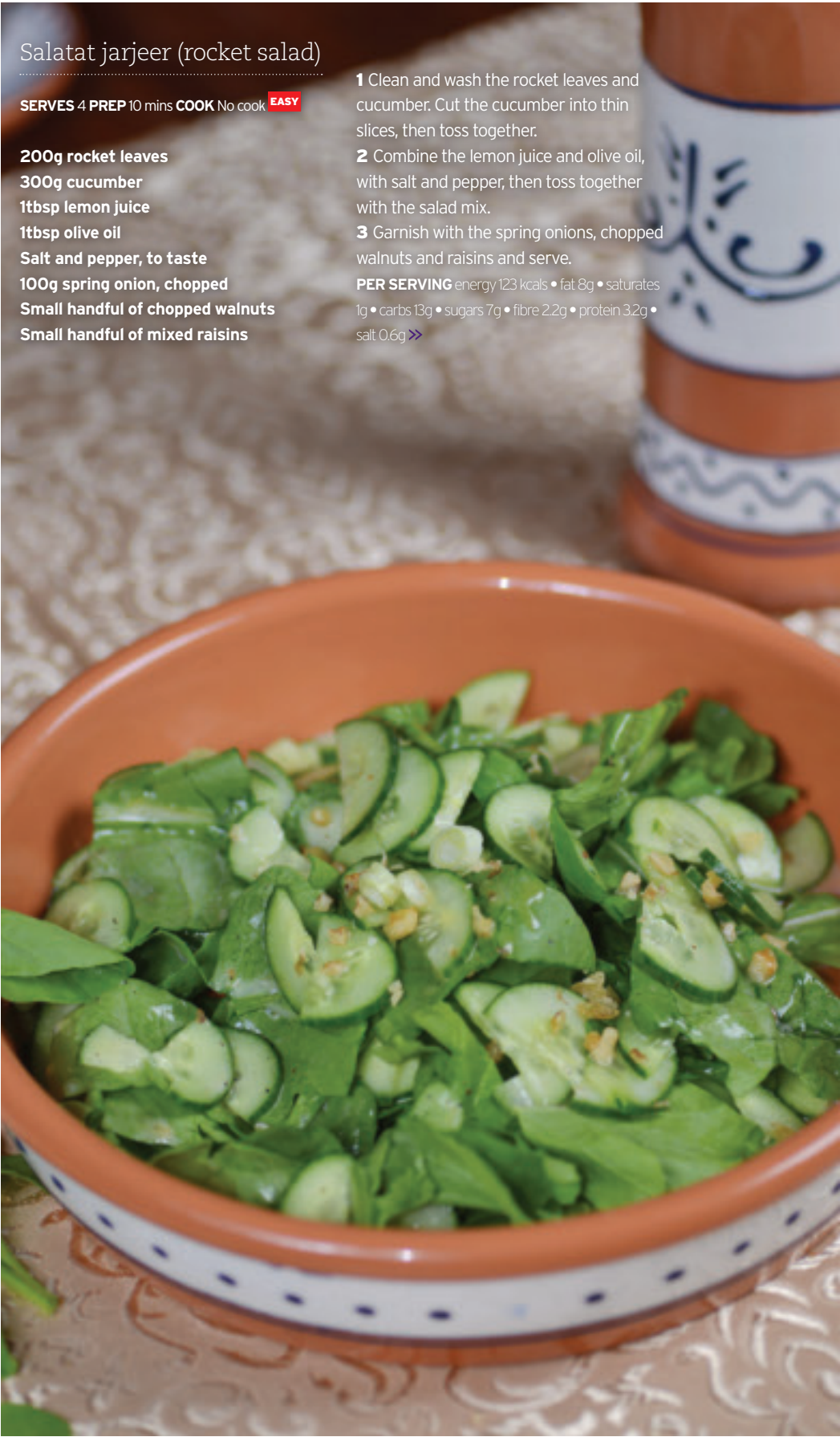
- 200g red lentils
- 2l water
- 350g tomatoes, chopped
- 25g celery
- 2 tbsp vegetable oil
- 1 tbsp garlic, chopped
- 1 tbsp onion, chopped
- 1/2 tsp cumin powder
- Pinch of salt
- 1/2 tsp baharat spice (Arabic curry powder)
- 50g fried onion
- 1 lime halved, to serve

**1** Boil the lentils, along with the tomato and celery for 25 to 30 mins, then blend all together with a hand blender.

**2** Heat vegetable oil in a saucepan, and sauté the chopped garlic and onion until golden brown, then add cumin powder, salt, and baharat spice, cook for 2 mins. Add the cooked blended lentil mix, and cook together on low heat for 15 mins.

**3** Garnish with fried onion and serve with the lime.

**PER SERVING** energy 278 kJ • fat 11g • saturates 4.3g • carbs 41g • sugars 6g • fibre 6g • protein 14g • salt 0.5g



### Salatat jarjeer (rocket salad)

**SERVES 4 PREP 10 mins COOK No cook EASY**

- 200g rocket leaves
- 300g cucumber
- 1tbsp lemon juice
- 1tbsp olive oil
- Salt and pepper, to taste
- 100g spring onion, chopped
- Small handful of chopped walnuts
- Small handful of mixed raisins

**1** Clean and wash the rocket leaves and cucumber. Cut the cucumber into thin slices, then toss together.

**2** Combine the lemon juice and olive oil, with salt and pepper, then toss together with the salad mix.

**3** Garnish with the spring onions, chopped walnuts and raisins and serve.

**PER SERVING** energy 123 kJ • fat 8g • saturates 1g • carbs 13g • sugars 7g • fibre 2.2g • protein 3.2g • salt 0.6g >>



## Maleh nashef (salted tuna fish cooked in rich tomato sauce)

**SERVES 4 PREP 15 mins COOK 40 mins** **EASY**

30ml vegetable oil  
300g onions, chopped  
40g garlic cloves chopped  
400g maleh (salted tuna, available from [www.mallehgourmet.com](http://www.mallehgourmet.com))  
800g potatoes  
2 tbsp seafood baharat (seafood curry powder)  
1tbsp turmeric powder  
1tbsp red chilli powder  
15g tomato paste  
15g coriander powder  
400g potato, sliced into thin strips  
50g coriander leaves, chopped  
2 lemons, sliced

**1** Heat oil in a frying pan, sauté the chopped onion and garlic for 3 mins.

**2** Cook the salted, boiled maleh and boiled potatoes together for 2 mins in a frying pan, then add in the seafood baharat, turmeric powder, red chilli powder, tomato paste and coriander powder and cook together for 3 more mins.

**3** Cut the remaining potatoes into thin strips for chips, and fry in a frying pan until golden brown.

**4** Spoon the fish mixture on to a plate, arrange the fried potatoes on top, and garnish with the coriander and lemon slices. Serve with white rice.

**PER SERVING** energy 480 kJ

• fat 17g • saturates 1.8g • carbs 52g • sugars 55g • fibre 5.2g • protein 30g • salt 4.6g



## Batheeth (crumbled roasted flour with dry dates)

**SERVES 4 PREP 15 mins COOK 10 mins** **EASY**

600g dates, pitted and broken into small pieces

500g wholewheat flour

100g butter, melted

1/2 tsp cardamom powder

**1** Heat up a frying pan and dry roast the flour until light brown

**2** Transfer the flour into a frying pan and add the melted butter and the dates into the flour. Mix well together.

**3** Garnish with cardamom powder and serve warm.

**PER SERVING** energy 1,050 kJ • fat 22g •

saturates 13g • carbs 208g • sugars 100g • fibre 13g • protein 16g • salt 1.7g 





# رمضان كريم! Rāmādan Kārēem!



From traditional Ramadan treats to exclusive products from all around the world, The Farmer's Garden has everything to make your Ramadan meals exceptionally tasty yet healthy for the entire Family!

The Farmer's Garden Market and Café at Wasl Vita - (Al Wasl Rd, opposite Emirates NBD) - Open daily from 8am to 10 pm  
Ramadan Timings: Weekdays - Sunset to 1am Weekends - Sunset to 2am

The Farmer's Garden - Al Wasl Square (opposite Safa Park) - Open daily from 9am to 9pm

800-TFGD

[www.thefarmers-garden.com](http://www.thefarmers-garden.com)





# It's a feast!

Get into the spirit of things this month and serve up a Ramadan-inspired menu with the help of the chefs from Palermo Restaurant and Terrace, Dubai Polo & Equestrian Club.



## Charcoal grilled sea bream

SERVES 4 | PREP 35 MINS | COOK 10 MINS

4 whole sea bream (280g-340g each)  
30ml olive oil  
40ml fresh lemon juice  
5 ½ garlic cloves  
60g tahini  
3g parsley  
Salt and fresh ground black pepper, to taste

**1** Clean and scale the sea bream. Rinse well and pat dry with tissue or a kitchen towel. Cut 2-3 shallow diagonal slashes into each side of the fish. Combine 15ml of the olive oil, 10ml lemon juice, 4 crushed garlic cloves, plus salt and pepper to taste in a shallow dish. Add the fish, turning to coat all sides in the marinade. Cover and refrigerate for 30 mins, turning from time to time.  
**2** Drain the fish and reserve marinade. Cook over charcoal for about 4-5 mins on the first side, then 2-3 mins on the other side, until the flesh flakes when teased at the thickest part with a knife point. Brush with marinade during cooking.  
**3** In a food processor, combine the remaining garlic cloves and the tahini. Add salt to taste. Remove from food processor and add 15ml olive oil and 30ml lemon juice. If it's too thick, add a teaspoon of warm water until it reaches the desired consistency. Mix in all the parsley.  
**4** Serve the fish with the tahini parsley sauce.



## Apricot and date lamb ouzi

SERVES 4-6 | PREP 30 MINS PLUS 36 HRS FOR MARINATION | COOK 2 HRS

50g dates, pitted and roughly chopped  
50g dried apricots, roughly chopped  
25g dried cranberries  
25g shelled pistachios, roughly chopped  
1 handful parsley, finely chopped  
Zest of ½ an orange  
150g panko bread crumbs  
1 shallot, finely chopped  
1 large lamb leg, boneless (around 1.2kg)  
1 butcher string  
500g yoghurt  
15g garlic  
18g fresh rosemary  
155g onion, chopped  
13g cardamom  
8g black pepper  
13g salt  
1g saffron  
250g basmati rice  
50g ghee  
150g minced lamb  
10g sweet paprika  
375ml chicken stock  
50g green peas  
Handful of dry roasted nuts for garnish (almonds, cashews, peanuts)

**1** Combine the dates, dried apricots, dried cranberries, pistachios, parsley, orange zest, panko bread crumbs and shallot in a mixing bowl and mix to create a stuffing.  
**2** Open the lamb leg and place the stuffing in the centre and roll the sides to create a cylindrical shape. Tie the lamb leg with butchers string every 2cm to hold its shape and keep the stuffing from leaking out.  
**3** Mix together the yoghurt, garlic, rosemary, and 75g chopped onion, 8g cardamom and 5g black pepper. Season with salt and rub onto the lamb. Marinate for 36 hours in the fridge.  
**4** Put the marinated lamb in a baking tray and bake covered with foil at 180C for 2 hours. Remove the foil and bake uncovered for 15 minutes before its second hour to crisp the skin.  
**5** Sauté 80g of the chopped onion in the ghee for 3 mins, then add the minced lamb and cook for 20 mins, constantly stirring to prevent the meat from clumping. When the meat is browned add 5g salt, 3g black pepper, 5g cardamom and the sweet paprika. Then, add chicken stock and cook on high heat for 10 mins. Add rice, stir for 5 mins and cover. Cook, covered, on low heat for 12 mins. When the rice is cooked, mix in the green peas and some of the roasted nuts.  
**6** Put the rice on a large platter, place the roasted lamb on top and sprinkle with the remaining nuts.

## Fancy stepping out for iftar instead?

The Palermo Restaurant and Terrace, Dubai Polo & Equestrian Club offers a spread in a scenic setting, sunset to 11pm, every day during Ramadan. Dhs165 per person (20% discount on groups larger than 15 people).

Call 04-8883444 or email  
dine@theaddress.com.





# Discover Bright and Enriching Moments

Allow the lush environs of Dubai Polo & Equestrian Club to set the scene for memorable moments.

Enjoy a delightful spread of classic favourites at Palermo, as you immerse yourself in the spirit of Ramadan.



Every day  
Sunset to 9.00 pm  
Price: Iftar at AED 165 per person,  
with 20% off on group bookings  
for more than 15 guests.

For more information,  
visit [www.poloclubdubai.com](http://www.poloclubdubai.com)  
or call +971 4 361 8111



**DUBAI POLO &  
EQUESTRIAN CLUB**





Hala Barghout is a Dubai-based registered clinical dietitian

who is the founder of nutrition consulting company Nutritalks ([nutritalks.com](http://nutritalks.com)). Hala has been educating people about health and nutrition for nearly nine years with the aim of increasing health awareness across the community. She also offers healthy grocery shopping tours, to help shoppers opt for the right products.

# A nutritionist's Ramadan regime

Wondering how the health experts manage Ramadan? We asked nutritionist Hala Barghout to talk us through her habits during the month of fasting, so you too can adopt the dietary best practices into your life. As told to Sophie McCarrick.

## Slow and steady

It's only natural for you to feel famished following a day of fasting, but when it comes to breaking your fast, it's important to ease into Iftar. During fasting, digestive system enzymes stop being produced and the stomach lining may become thinned or completely diminished. To avoid stomach irritation and discomfort, I find it useful to introduce food moderately into the stomach, in order to allow time for it to re-establish enzyme production and get the stomach lining back to normal.

As Iftar begins, I start slowly with small portions of raw fruits, unsweetened plain yoghurt, vegetable soups, raw vegetables, or cooked grains and beans. It's important to avoid certain things that are known to be irritating to the system, such as coffee and spicy foods. I always start with small portions, eat slowly and thoroughly chew my food.

## All about balance

In order to get that satisfied, full feeling for longer, yet remain healthy during Ramadan, it's crucial to establish a balanced diet throughout

Iftar and Suhoor. The right proportions of complex carbohydrates, lean proteins, healthy fats, and vegetables are important, all in small, frequent servings.

As Suhoor is the last meal before dawn, and when the fast begins, what we consume here becomes our main source of energy for the next day. I make the most of my intake here with a meal of complex carbohydrates with protein. One to two slices of whole wheat bread with a boiled egg or cottage cheese with a glass of milk and honey, or yoghurt is ideal.



## Saying no

Cravings during Ramadan are no different to those at other times. Consuming the 'naughtier' foods and beverages during your fasting period, however, has much more of an impact on health than they would usually. I avoid foods that are high in sodium, like processed sauces, condiments, gravies, pastries, and canned meats. I try to cut down on spicy foods as they may lead to thirst, and stay away from fried, oil-laden items that can cause heartburn. I also try to leave the traditional Ramadan sweets alone. I know, they're tasty, but they are also highly calorific, high in fat and sugar, and can enhance sugar cravings quite drastically. Whenever I have the desire to eat sweets, I make sure it's a very small portion, or get my sugar fix by consuming fresh or dried fruits containing natural sugars.

## Water water, everywhere

Giving your body the right amount of water every day is always important, but particularly during Ramadan when we go without, throughout the day. I stay hydrated by drinking ample water and non-caffeinated fluids, which is essential for preserving healthy tissue and cells. Those who are fasting should drink 1.5- to 2Lts of water daily to remain healthily hydrated. Clear soups, broths, herbal teas, fruits and vegetables also contribute to the daily intake of water. It's best to cut down on fizzy drinks or the traditional Ramadan beverages such as kamareddine, jallab, and other rich juices that are highly sweetened and contain a lot of sugar. These drinks, including coffee and black tea, all act as diuretics and cause dehydration if consumed in large amounts.

## Exercise essentials

To much disbelief, staying active and doing regular exercise during Ramadan is really important as it helps with digestion, which quite commonly becomes a problem throughout the month. However, training while you are fasting can be detrimental to your health. The best time to take part in any form of exercise during Ramadan is after prayers at night - this is after you've eaten and had plenty of water into your system. If this is too late, then the next best time to weight train is about 1 hour after Iftar, before night prayer. I find that even a short 30-minute workout such

as a brisk walk, a job, or a circuit, is highly beneficial. I always make sure I consume a lot of water during training and before bed.

## Rest easy

I try to get between six to eight hours of sleep whilst fasting during Ramadan, so my body is able to function at its best during the day and after Iftar until bedtime. However, there is nothing wrong with taking a short nap during the day, as some people tend to stay up all night until Fajr (dawn prayers).

## Vital vitamins

Vitamin supplementation is more important during Ramadan due to the lack of meals people can fit into their day. So, if I'm not able to meet the daily requirements, including all necessary minerals and vitamins, then I'll opt for supplements. However, it's important to consult your doctor before doing so. As for sports supplements, I'd advise people who are active, to go for one that has a fair amount of proteins and carbohydrates, to be taken after an evening workout.

## KEEP THE KIDS HAPPY

Muslim children are not required to fast for Ramadan before the onset of puberty. However, in many families, younger children enjoy participating and are encouraged to practice fasting to get used to it from a young age. To assist the transition into fasting, particularly if it's for their first time, parents and guardians can help by easing them into Ramadan before it begins, by minimising the number of meals gradually during the day in the run up. It's vital for parents to monitor their child's intake during fasting to make sure they are meeting their calorie and fluid requirements. Suhoor for children should include fibre-rich foods, such as whole wheat cereals, wholegrains, fruit, and vegetables, in addition to good sources of protein, including lean meats, nut butters, eggs and dairy products, to ensure the kids stay fuller for longer. Allow them to help out in choosing their foods, so they feel they are a part of the decision to fast.



## What's on my Ramadan menu?

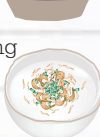
### Hala's ideal Iftar and Suhoor meals:

#### IFTAR:

- \* 2 or 3 small dates
- \* 1 bowl of non-creamy soup (free of stock)
- \* 1 small plate of fattoush or green salad (with a sprinkle of toasted bread)
- \* 1 baked cheese or meat pastry (samboosek)
- \* 1 moderate portion of rice with meat or chicken (less oil, skinless chicken breast, beef fillet)
- \* 1 fresh fruit
- \* 1 small portion of muhalabiyah or rice pudding (prepared with low-fat milk/low-fat cream)

#### SUHOOR:

- \* 2 slices of whole-wheat bread
- \* 1 egg
- \* 30-40g of white cheese (low in salt)
- \* 1 fresh fruit
- \* 1 small cup of yoghurt or milk
- \* 1 cup of herbal tea





# An authentic experience

Offering a traditional Iftar throughout the Holy Month of Ramadan, The Address Dubai Marina has transformed its Constellation Ballroom into a stylish Arabesque dining destination.



## Arabic lentil soup with grilled halloumi

SERVES 4 | PREP 20MINS | COOK 30MINS

150g red or yellow lentils  
40ml olive oil  
30g cumin, ground  
60g onion, finely chopped  
3 cloves of garlic, chopped  
1 tsp turmeric powder  
Salt and pepper, to taste  
2.5l chicken or vegetable stock  
60g halloumi cheese  
4 vine leaves  
Small handful of fresh cress leaves  
Drizzle of olive oil  
Large croutons, to serve (optional)

**1** Soak the lentils in water for 30 mins. Heat the oil in a non-stick pot and add the cumin, leave until it crackles. Then add onion and sauté until it's translucent, then add the chopped garlic and turmeric powder, and continue cooking for a few more mins, before adding the salt and pepper.

**2** Add the lentils and the stock, then bring to a boil over high heat. Reduce the heat to medium-low then cover and simmer for about 15 to 20 mins. Once the lentils are soft, using a hand blender, blend into a fine purée.

**3** Place back onto a low heat, and allow to simmer for a few more minutes, whilst grilling 4 thickly sliced pieces of halloumi for 1 min on each side. Once grilled, wrap each halloumi slice in a vine leaf.

**4** Serve the soup garnished with cress leaves and a drizzle of olive oil. Serve with the croutons, if you like, and vine leaf halloumi on the side.

Step into authentic Arabia this Ramadan at Constellation Ballroom, which promises to offer an Iftar to remember, with traditional hospitality in a charming atmosphere, tastefully decorated to suit the occasion. With an extensive Iftar buffet, featuring a wide selection of seasonal favourites from across the Middle East, there is something for everyone – including a section for international starters, mains and desserts, with an Asian flair. A large range of shisha flavours and an à la carte Suhoor menu are also available at the hotel, and can be enjoyed at Shades, from 8pm onwards.





## Chicken kabsa

SERVES 4 | PREP 1HR 30MINS | COOK 45MINS

40g coriander powder  
20g chili powder  
15g black pepper  
1 tbsp ginger  
1 tbsp garlic powder  
100ml corn oil  
700g baby chicken  
150ml corn oil  
2 medium onions, sliced  
8 cloves garlic, chopped  
250g tomato purée  
2 plum tomatoes, finely chopped  
600ml vegetable or chicken stock  
2 carrots, grated  
1 orange rind  
4 cinnamon sticks  
6 cardamom pods  
Salt and pepper, to taste

400g long grain basmati rice  
50g raisins  
40g almonds, sliced

**1** In a bowl, mix together the coriander powder, chili powder, black pepper, ginger, garlic powder and corn oil. Add in the chicken to marinate, then let it rest for 30 mins, before roasting in the oven for 40 mins at 180C.  
**2** Sauté the sliced onion in oil until it begins to brown then add the garlic, tomato purée, chopped tomatoes and stir for about 5 mins over low heat. Pour in vegetable or chicken stock, chopped carrot, and rind of orange, cinnamon, cardamom, salt and pepper to taste. Cook over medium heat, covered for about 15 mins.  
**3** Stir rice into the pan and cook, covered on low heat for about 30 mins, or until rice is done.  
**4** Remove chicken from oven. Put the rice on a serving platter with the chicken on top. Garnish with tossed raisins and almonds to serve.



## Osmallieh

SERVES 4 | PREP 20MINS | COOK 20MINS

500g kataifi pastry  
250ml Arabic syrup  
200g walnuts, chopped  
2 tbsp oil, for frying  
60g lemon marmalade  
150ml fresh cream  
Small handful of mixed berries  
2 tbsp fresh shiso  
60g chocolate coated cashew nut stuffed dates (available in most supermarkets)

**1** Make 4 small nests using the kataifi pastry and bake in the oven for 6 mins at 120C. Remove from the oven and fry the nests lightly in a frying pan with oil to make them crisp. Place on tissue paper to drain the oil.  
**2** Lay the nests on a plate and pour syrup evenly on each nest.  
**3** On each nest, place 15g of lemon marmalade into the bottom. Then cover with chopped walnuts, and pipe in fresh cream to top it off. Garnish with mixed berries, fresh shiso and serve with cashew nut stuffed dates, dipped in chocolate.

## NEED TO KNOW

Where: **Constellation Ballroom,  
The Address Dubai Marina**

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# RAMADAN KAREEM



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Classic lantern, Dhs150 at Fiore Rosso.



Riviera melamine tableware set of cup, plate and bowl, Dhs95 at Lakeland.



Armani/Dolci Ramadan limited edition praline gift box, from Dhs165.



Porcelain oval fruit bowl, Dhs99 at Silica.



Alani copper charger, Dhs69 at The One.



Siletti cake stand, Dhs675 at The Design Shop by Sauce.

Herbert Mamlouki handmade vase, from Dhs364 at Silsal Design House.



# Ramadan remembrances!

Whether it's for entertaining over Ramadan or giving a festive gift, these dazzling products are must-haves.



Forrey & Galland Ramadan hamper (with biscuits, scented candle and premium sparkling apple juice), Dhs1,790.



Family Gathering luxury hamper (with teas, biscuits, chocolates, and hand-painted bone china mugs), Dhs4,008 at The East India Company.



Arteriors Home Hagar glass candle holders, Dhs675 & Dhs775 at Bloomingdale's Dubai.



TWG Tea Grand Summer Palace teapot (hand-painted with 22 carat gold), Dhs3,550.



Batela wooden coasters, Dhs186 at Cities boutique.

Villeroy & Boch Amazonia Anmut cup and saucer, Dhs322.



Rustic macaron jar, Dhs285 for 12, at Spontiphoria.



Beck tray, Dhs279 at Crate & Barrel.





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Roasted duck breast  
with sweet potato  
purée, spiced labneh,  
and harissa sauce,  
recipe p56



# Home Cooking

Inspiring recipes for easy  
everyday meals and stylish  
weekend entertaining

## IN THIS SECTION



\* Simple, speedy  
weeknight  
suppers, **P44**



\* How to eat  
smart, **P49**



\* Choco-licious  
recipes, **P61**



# Make it tonight

Fresh, easy ideas for midweek suppers that are good-value too! Recipes EMILY KYDD Photographs ROB STREETER

## Mushroom & goat's cheese tartlets

**SERVES 4** **PREP** 15 mins **COOK** 35 mins



**320g ready-rolled puff pastry**

**25g butter**

**1 tbsp olive oil**

**500g pack mushrooms, sliced**

**2 garlic cloves, finely chopped**

**50g walnuts, roughly chopped**

**150g soft spreadable goat's cheese**

**1/2 small of bunch thyme, leaves picked  
and a few sprigs reserved**

**1 egg, beaten (optional)**

**Baby leaf salad, to serve**

**1** Heat oven to 200C/180C fan. Unroll the pastry and cut into 4 rectangles. Use a sharp knife to score a 1cm border around each, place on a baking tray, then chill until needed.

**2** Heat the butter and oil in a large frying pan, add the mushrooms and cook over a high heat, stirring, for about 10 mins, or until golden brown and almost all the liquid has evaporated. Season, add the garlic and walnuts, and cook for 1 min. Set aside.

**3** Put the goat's cheese in a bowl, season and stir through the thyme leaves. Remove the pastry from the fridge and spread the cheese over the centres. Top with the mushroom mixture, then brush the edge of the pastry with beaten egg for a glossier finish, and bake for 20-25 mins or until the pastry is golden and crisp. Top with the remaining thyme sprigs and a good grinding of black pepper. Serve with a baby leaf salad.

**PER SERVING** 619 kcs • protein 20g • carbs 30g • fat 46g • sat fat 20g • fibre 3g • sugar 2g • salt 1.3g







## Kale & salmon kedgeree

**SERVES 4** **PREP** 10 mins **COOK** 30 mins



**300g brown rice**  
**2 salmon fillets (about 280g)**  
**4 eggs**  
**1 tbsp vegetable oil**  
**1 onion, finely chopped**  
**100g curly kale, stalks removed, roughly chopped**  
**1 garlic clove, crushed**  
**1 tbsp curry powder**  
**1 tsp turmeric**  
**Zest and juice of 1 lemon**

**1** Cook the rice following pack instructions. Meanwhile, season the salmon and steam over a pan of simmering water for 8 mins or until just cooked. Keep the pan of water on the heat, add the eggs and boil for 6 mins, then run under cold water.

**2** Heat the oil in a large frying pan or wok, add the onion and cook for 5 mins. Throw in the kale and cook, stirring, for 5 mins. Add the garlic, curry powder, turmeric and rice, season and stir until heated through.

**3** Peel and quarter the eggs. Flake the salmon and gently fold through the rice, then divide between plates and top with the eggs. Sprinkle over the lemon zest and squeeze over a little juice before serving.

**PER SERVING** energy 541 kcs • fat 19g • saturates 4g • carbs 64g • sugars 3g • fibre 3g • protein 27g • salt 0.3g

## Fish tikka on garlic naan

**SERVES 2** **PREP** 10 mins **COOK** 10 mins **EASY**

**250g skinless and boneless fresh white fish fillets (such as cod)**  
**2 tbsp tikka masala paste**  
**4 tbsp Greek-style natural yoghurt**  
**2 small naan breads or chapatis**  
**Knob of garlic butter**  
**½ small red onion, thinly sliced**  
**Handful of coriander leaves**  
**½ lemon, cut into wedges**

**1** Heat the grill to the highest setting. Cut the fish into 5cm chunks. Mix together

the tikka paste, 2 tbsp yoghurt and seasoning. Add the fish and toss to coat, then set aside for 5 mins.

**2** Place the fish on a wire rack over a roasting tin. Grill for 3-4 mins each side, depending on thickness, until cooked through and starting to char a little.

**3** Sprinkle the naan with a little water and grill for 2 mins. Spread the warm naans with garlic butter, top with the fish and drizzle with the remaining yoghurt. Scatter over the onion and coriander, and serve with lemon wedges.

**PER SERVING** energy 467 kcs • fat 20g • saturates 8g • carbs 37g • sugars 8g • fibre 2g • protein 34g • salt 1.9g





## Smoky beans on toast

**SERVES** 1 generously **PREP** 5 mins

**COOK** 20-30 mins

**EASY** **V** **LOW CAL** **FIBRE** **VIT C** **IRON** **4 OF 5 A DAY** **GOOD 4 YOU**   
 beans only

**1/2 tbsp olive oil, plus extra for drizzling**

**1/2 a small onion, sliced**

**1/2 a small red pepper, thinly sliced into strips**

**1 garlic clove, halved**

**227g canned chopped tomatoes**

**1/2 tsp smoked paprika**

**2 tsp red wine vinegar**

**210g can butter beans or chickpeas, drained**

**1/4 tsp sugar**

**1 slice seeded bread**

**A few parsley sprigs, finely chopped**

**1** Heat the oil in a small pan, add the onion and pepper, and fry gently until soft, about 10-15 mins. Crush half the garlic and add this to the pan, along with the tomatoes, paprika, vinegar, beans, sugar and some seasoning. Bring to a simmer and cook for 10-15 mins or until slightly reduced and thickened.

**2** Toast the bread, rub with the remaining garlic and drizzle with a little oil. Spoon the beans over the toast, drizzle with a little more oil and scatter over the parsley.

**PER SERVING** energy 460 kJ • fat 19g

• saturates 3g • carbs 49g • sugars 17g •

fibre 14g • protein 15g • salt 1.1g



## Oaty mackerel & horseradish fish cakes

**SERVES** 4 **PREP** 15 mins plus chilling **COOK** 25 mins

**EASY** **FIBRE** **OMEGA-3**  uncooked

**500g potatoes, cut into chunks**

**100g baby spinach**

**4 spring onions, thinly sliced**

**3 tbsp horseradish sauce**

**280g pack smoked mackerel fillets, skin removed**

**Flour, for dusting**

**1 egg, beaten**

**100g oats**

**2 tbsp sunflower oil**

**Salad, mayonnaise and lemon wedges, to serve**

**1** Cook the potatoes in boiling salted water for 10-15 mins until tender. Tip into a colander, leave to steam for 1-2 mins, then transfer to a bowl and roughly crush with a fork. Set aside to cool slightly.

**2** Meanwhile, boil a full kettle of water. Tip the spinach into the colander and pour over the boiled water to wilt it. Run under cold water, then squeeze dry and roughly chop. Add to the cooled potatoes along with the spring onions, horseradish sauce and seasoning. Stir, then flake in the mackerel, removing any bones as you go. Fold everything together, then shape into 8 patties. Cover and chill for 15 mins.

**3** Coat the fish cakes in a little flour, then in the beaten egg, and finally the oats, pressing the oats firmly into the patties. Heat the oil in a non-stick frying pan and gently fry the fish cakes for 4-5 mins each side until golden brown and heated through. Drain on kitchen paper and serve with a green salad, a dollop of mayonnaise and wedges of lemon.

**PER SERVING** 560 kJ • protein 23g • carbs 37g

• fat 34g • sat fat 6g • fibre 6g • sugar 3g • salt 1.9g 





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# Feed your brain

FEEL  
brighter &  
sharper

As exam season looms, it's time to eat smart. For brain health, it's not just what you eat – it's what you don't that matters as well, says nutritional therapist Kerry Torrens.

It's never too early to start making the right choices. Children, teens and adults sitting exams can benefit from a brain-healthy diet, as can everyone. With a million of us likely to be diagnosed with dementia by 2021, the earlier we take positive steps the better: the changes that lead to dementia start decades before you experience any symptoms. Your heart helps to maintain the flow of blood to the brain, so advice for a healthy heart applies to the brain, too: cut back on saturated fats (full-fat dairy, red meat, fried foods) and processed, sugary foods such as shop-bought biscuits and cakes, which tend to be high in trans fats. In addition, you can pack meals with foods that contain protective nutrients to help maintain memory and boost brainpower – our chart shows you the most beneficial foods, and how much to eat.

As well as diet, brain health is influenced by your lifestyle, and the same advice you'd follow for a healthier body applies here.

- Stay active, physically and mentally.
- Cook from scratch to avoid high levels of sugar and trans fats.
- Eat at regular intervals – never skip meals.
- Keep to a healthy weight.
- Drink a moderate amount of alcohol.
- Get good-quality sleep.
- Stop smoking.



## Quinoa & apricot muffins

**MAKES 12** PREP 10 mins COOK 20 mins



**50g quinoa**  
**100g finely chopped dried apricots**  
**250g quark**  
**3 large eggs**  
**1 tsp vanilla extract**  
**2 tbsp rapeseed oil**  
**2 small grated apples (no need to peel)**  
**Zest and juice of 1 small orange**  
**50g pumpkin seeds, plus a bit extra**  
**50g each wholemeal plain flour and ground almonds**  
**2 tbsp chia seeds**  
**25g wheatgerm**  
**1½ tsp baking powder**

**1** Heat oven to 180C/160C fan and line a 12-hole muffin tin with paper cases. Tip the quinoa and apricots into a small pan with 300ml water, bring to the boil, then turn the heat right down, cover and simmer for 20 mins until the water has been absorbed and the quinoa is cooked. Check frequently that it doesn't boil dry.

**2** Meanwhile, beat the quark with the eggs, extract, oil, apples, and orange zest and juice. Stir in the cooled quinoa mixture, then fold in the pumpkin seeds, flour, ground almonds, chia seeds, wheatgerm and baking powder. Spoon into the muffin cases, scatter with a few pumpkin seeds and bake for 20 mins.

**PER MUFFIN** 164 kcal • protein 9g • carbs 13g

• fat 8g • sat fat 1g • fibre 3g • sugar 7g • salt 0.1g >>

## Berry omelette

A one-egg omelette makes a high-protein breakfast. You can add 1 tsp honey to the berries to sweeten, but do without if you can.

**SERVES 1** PREP 5 mins COOK 2 mins



Beat **1 large egg** with **1 tbsp skimmed milk** and **3 pinches of cinnamon**. Heat **½ tsp rapeseed oil** in a 20cm non-stick frying pan and pour in the egg mixture, swirling to evenly cover the base. Cook for a few mins until set and golden underneath. There's no need to flip it over.

Place on a plate, spread over **100g cottage cheese**, then scatter with **175g chopped strawberries, blueberries and raspberries**. Roll up and serve.

**PER SERVING** 264 kcal • protein 21g • carbs 18g

• fat 12g • sat fat 4g • fibre 4g • sugar 16g • salt 1.0g



## EATING FOR EXAMS

If your children are sitting exams this month, send them off with a good breakfast.

- Eating well in the morning is proven to improve recall and attention.
- Our recipes combine protein with slow-burn carbs to help fuel the brain and maintain alertness.
- We've packed in some extra brain-boosting ingredients, too.
- At lunch, focus on protein - the turkey in our recipe, right, will beat mid-afternoon slumps and keep the brain sharp.

## South Indian fish curry with chickpeas

SERVES 2 • PREP 10 mins • COOK 25 mins

EASY FIBRE VIT C IRON OMEGA-3 2 OF 5 A DAY

- 1 tsp rapeseed oil
- 1 onion, halved and sliced
- 1 tsp ground turmeric
- 1 tsp black mustard seeds
- 1/2 tsp cumin seeds
- 1/4 tsp each ground fenugreek and chilli flakes
- 1/2 thumb-sized piece ginger, finely chopped
- 1 large garlic clove, finely grated
- 400g canned chopped tomatoes
- 210g canned chickpeas, drained
- 1/2 fish stock cube, crumbled
- 2 tbsp tamarind paste (optional)
- 350g fresh mackerel, cut into thick pieces (or use boneless fillets if you prefer)
- TO SERVE**
- 250g brown rice, cooked
- 25g flaked almonds
- Small handful of coriander, chopped

**1** Heat the oil in a wide, non-stick covered pan. Add the onion, put on the lid and cook for 5 mins, stirring occasionally, until golden. Add the whole and ground spices, the ginger and garlic, stir for about 30 secs to release their flavours, then pour in the tomatoes and a can of water, the chickpeas and stock cube. Cover and leave to cook for 20 mins.

**2** Stir in the tamarind (if using), add the mackerel, then cover and cook for 8 mins more. Meanwhile, heat the rice following pack instructions, then tip into a bowl and toss with the almonds and coriander. Serve with the curry.

**PER SERVING** 535 kcs • protein 41g • carbs 22g • fat 33g • sat fat 6g • fibre 7g • sugar 10g • salt 0.9g



## Turkey breast fingers with avocado dip

SERVES 2 • PREP 10 mins • COOK 12 mins

EASY LOW CAL FOLATE FIBRE 2 OF 5 A DAY GOOD 4 YOU

### FOR THE TURKEY

- 1 Oatibix or Weetabix
- 15g finely grated Parmesan
- 1/2 tsp each dried thyme and oregano
- 1 tsp each smoked paprika and ground coriander
- 344g pack turkey breast, cut into thick strips
- 1 large egg, beaten

### FOR THE DIP

- 210g can butter beans, drained
- 1 small avocado, stoned and peeled
- 4 spring onions, trimmed and chopped

### Zest and juice of 1 lime

Cherry tomatoes, pomegranate seeds and salad leaves, to serve













**1** Heat oven to 220C/200C fan. Crumble the cereal into a shallow bowl, then stir in the Parmesan, herbs and spices with a little seasoning. Dip the turkey into the egg, then coat with the spice mixture and lay on a baking tray, spaced apart. Bake for 12 mins.

**2** Meanwhile, put the beans, avocado, onions, lime zest and juice in a bowl with seasoning and blitz with a hand blender until smooth. Serve with the hot or cold turkey, with cherry tomatoes, pomegranate and salad leaves on the side.

**PER SERVING** 446 kcs • protein 55g • carbs 18g • fat 17g • sat fat 5g • fibre 7g • sugar 2g • salt 0.5g



## The dynamic dozen 12 foods that boost your brain power

Food and drink	The benefits	How much	How to cook and eat them
 <b>OILY FISH:</b> SALMON, TROUT, MACKEREL, SARDINES	Rich source of omega-3 fatty acids, especially DHA, which help the brain to work, improve attention span and may protect against dementia.	1 portion a week.	Ideally wild salmon, and smaller varieties like sardines, as they are less likely to be polluted with heavy metals like mercury.
 <b>EGGS</b>	The yolk is a source of choline, important for brain development, memory and reasoning. Eggs also contain vitamin D, which helps to alleviate depression. When hens are fed an omega-3 enriched diet, their eggs contain brain-friendly DHA.	As many as you like, when eaten as part of a balanced diet.	Poaching, boiling and scrambling are best; avoid too many fried eggs. Omega-3 enriched eggs are especially beneficial for the elderly and those who don't eat fish.
 <b>BLUEBERRIES,</b> BLACKBERRIES, RASPBERRIES, STRAWBERRIES	Protective compounds called anthocyanins in red and dark purple berries help to prevent memory lapses. They also help us learn - so start young (see our Berry omelette recipe, opposite).	A large handful daily.	Freshly picked, or frozen when not in season.
 <b>GREEN LEAFY VEG:</b> WATERCRESS, SPINACH, LAMB'S LETTUCE	The B vitamins (especially folate) help to reduce brain shrinkage as we age. Folate helps to manage levels of homocysteine, too much of which is associated with an increased risk of dementia, including Alzheimer's.	1-2 servings daily.	B vitamins are water-soluble, so eat your greens raw or lightly steamed.
 <b>NUTS AND SEEDS:</b> WALNUTS, ALMONDS, BRAZILS, CHIA, PUMPKIN SEEDS, LINSEEDS	Vitamin E in nuts and seeds protects against cognitive decline. Minerals, including zinc, improve thinking skills. Walnuts, which contain omega-3, boost blood flow to the brain.	30g or a small handful daily.	Best eaten freshly shelled, raw or roasted - not salted.
 <b>AVOCADO</b>	Packed with heart-friendly fats and protective vitamin E, avocados are also a source of glutathione, an antioxidant that protects brain cells from damage.	½ an avocado counts as 1 of your 5-a-day.	Spread on toast; make a dip and enjoy with veg sticks; halve, stone, drizzle with lemon juice and enjoy as is.
 <b>GREEN TEA</b>	Compounds called catechins protect our nervous system and may guard against Parkinson's and Alzheimer's. Green tea contains some caffeine, and small amounts can help to improve concentration.	Replace 2-3 cups of your daily tea or coffee with green tea.	Drink a freshly brewed cuppa before a focus-based task. Also useful as a refresher when you're on a long drive.
 <b>WHOLEGRAINS:</b> OATS, RYE, BROWN RICE, WHEATGERM	Wholegrains provide energising, slow-release glucose, and fuel the brain, improving concentration and focus. Wheatgerm is a good source of both vitamin E and memory-boosting choline.	3 portions daily.	Opt for wholegrain bread, rice and pasta. Add wheatgerm to breakfast cereal and bakes (see our recipe for Quinoa & apricot muffins, opposite).
 <b>BEANS AND PULSES:</b> LENTILS, BLACK BEANS, KIDNEY BEANS	Fibre-rich with slow-releasing energy. Some beans are a good source of anthocyanins, which help to prevent memory loss.	1 portion daily.	Add to salads, casseroles and soups; whizz into a dip for snacking.
 <b>POMEGRANATE JUICE</b>	A good source of memory-boosting polyphenols. Pomegranate juice also helps to thin the blood and keep circulation flowing.	1 glass daily.	Swap your morning orange juice for a glass of 100% pomegranate juice.
 <b>COCOA SOLIDS</b>	With protective flavonoids and stimulants like caffeine, dark chocolate helps to maintain focus and concentration, stimulates feelgood endorphins and improves blood flow to the brain.	2 squares (about 25g) a day.	As unprocessed as possible and high in cocoa solids (minimum 70%).
 <b>TURMERIC</b>	The active ingredient of this popular spice is curcumin. Its protective properties are thought to help repair brain cells, regulate mood and fight age-related decline.	Use liberally in cooking.	Add the powder to curries and scrambled eggs; sprinkle in rice during cooking; flavour salad dressings; add to pulses. <a href="#">E1</a>





## DELIGHTFUL IFTAR IN SIGHT WITH YOUR TASTE IN MIND

This Ramadan, iftar at seven different countries, through seven different traditional cuisines, across seven days - complemented by an exclusive gallery of cultural artefacts and performances by an Oud player.

All at one location, Delphine.

Sunday: Emirati | Monday: Moroccan | Tuesday: Syrian | Wednesday: Turkish  
Thursday: Egyptian | Friday: Lebanese | Saturday: Iranian

Time: Sunset to 8:30 pm  
Price: AED 160 per guest

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# Kitchen notes

Nutrition advice,  
cooking tips and  
product picks for  
your pantry.

## Time for tea

Well-loved tea brand Twinings has for the first time in years, recently rebranded itself and launched two new flavours for its teas - Lady Grey and English

Afternoon. A subtler take on the popular Earl Grey flavour, Lady Grey is black tea infused with orange, lemon and bergamot, while English Afternoon gives English Breakfast a lighter makeover, making it perfect for later-in-the-day drinking. The new teas, as well as the rest of their wide range, is now available in luxurious new packaging at all supermarkets (prices start from Dhs15).

Follow these top tips for serving these refined teas in style:

- Always have a teapot, tea strainer, creamer for the milk, sugar bowl, an extra teapot of hot water (for those who prefer weak tea) - and a plate for lemon slices on hand.
- Beautiful china is essential, however it doesn't always have to match - having a mix of colours and patterns is fun.
- Serve an assortment of scones, finger sandwiches and light cakes at afternoon tea.



## Reader tip of the month



For a healthier take when baking a cake, replace the use of butter, with the same amount of mashed avocado - It's wonderful!

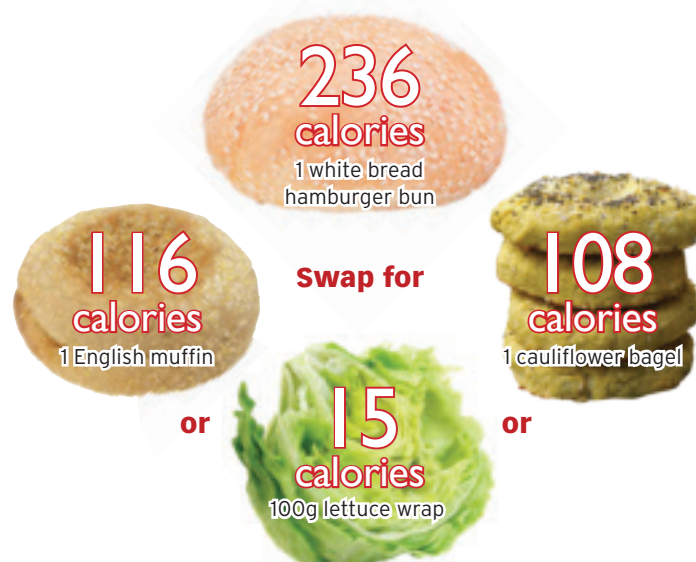
- Alina Al Nuaimi



Got a great tip you want to share?  
Get in touch with us on facebook or twitter



## SMART FOOD SWAPS



## Maintaining METABOLISM



Metabolism can be affected quite drastically during Ramadan. To try and combat the negative effects, Dubai-based wellbeing delivery company Detox Delight has launched an exclusive Ramadan package to help your body retain all the essential vitamins, to boost metabolism during the Holy Month. The daily detox packages include organic, vegan and UAE-made juices, soups and snacks that will

help your body recover from a day of fasting. Prices start from Dhs370 per day. [www.detox-delight.ae](http://www.detox-delight.ae)

## Health update> HUNGRY AT BEDTIME?

Our bodies are physiologically programmed to consume more food in the evening, recent research reveals - which explains why we get the midnight munchies. However, eating late at night can lead to weight gain, which can also increase the risk of developing heart disease, Type 2 diabetes, acid reflux and even some forms of cancer. But don't panic, here's the good news - experts say it is possible to keep your late-night cravings at bay. Start by including healthy snacks between meals that include protein and healthy fats during the day, which will help reduce night-time temptations. Secondly, keep yourself busy, talk to friends or go for a walk - often we over-eat purely because we're bored. Finally, if you really can't fight the urge, simply opt for a healthier snack, in a smaller portion.

## Look what we found! 3 great new products for your kitchen



Coffee Planet's new range of coffee capsules use fully recyclable plastic that are nitrogen flushed to lock in freshness - quick coffee doesn't get much tastier. Dhs21 for 10, available from [www.shop.coffeeplanet.com](http://www.shop.coffeeplanet.com).



New Dubai-based organic milk brand Koita is not only antibiotic- and hormone-free, and fortified with vitamins, but it's also really delicious! Dhs15 for 1lt, available in full-fat and low-fat versions, at Choithrams.

It's peanut- and nut-free butter that tastes just like normal peanut butter! WowButter is perfect for the children or anyone with nut allergies. Dhs19.50 at Spinneys.








Roasted yellow peppers and sesame dip, recipe p56

Socca de Nice, recipe p56


# On a platter!

At your next get-together, ditch a three course meal in favour of this Mediterranean menu of sharing-style dishes from Boca head chef Maxime Le Van. Photographs MAKSYN PORIECHKIN






Grilled squid and sautéed greens, piquillos peppers, salsa verde, recipe p57



Grilled sardines and pesto crostini, escabeche dressing, recipe p58



Roasted duck breast with sweet potato purée, spiced labneh, and harissa sauce, recipe p56





## Socca de Nice (Chickpea pancakes)

**SERVES** 6 **PREP** 10 mins  
**COOK** 5-8 mins **EASY**

**250g chickpea flour**  
**2g freshly cracked black pepper**  
**10g sea salt**  
**410ml water**  
**70ml extra virgin olive oil**

**Few sprigs of fresh parsley, picked and chopped**

**Extra virgin olive oil, for frying**  
**Extra sea salt and black pepper, for garnish**

- 1 In a mixing bowl, combine the chickpea flour with salt and pepper. Form a well in the centre and pour in the water gradually while mixing continuously to incorporate all the water and avoid lumps. Add in the olive oil and cover the bowl with a clean cloth before setting aside for 15 mins.
- 2 Preheat oven to 220C and bring a

non-stick frying pan to medium-high heat. Drizzle extra virgin olive oil all over and pour in the batter very quickly. Cook for 30 secs before placing in the oven for 4 mins.

3 Place back again on the stove and flip when golden. It's cooked when moist and tender inside, and crisp outside. Cut into wedges and serve with chopped parsley, sea salt and black pepper.

**PER SERVING** 290 kcal • protein 9.4 g • carbs 24 g  
sugars 4.5 g • fat 17.5 g • sat fat 2.3 g • fibre 4.5 g  
• salt 1.7 g

## Roasted yellow peppers and sesame dip

**SERVES** 6 **PREP** 20 mins  
**COOK** 30 mins **EASY**

**1kg yellow capsicums**  
**1 garlic head, cut in half**  
**1 sprig of rosemary**  
**1 tbsp dried oregano**  
**50ml extra virgin olive oil**  
**15ml toasted sesame oil**

**50g toasted sesame seeds**

**1 tsp smoked paprika**

**Juice of 1 lemon**

**Sea salt and black pepper, to season**

1 Preheat the oven to 200C. Roast the yellow capsicums, garlic head, salt, pepper and drizzle of olive oil. Mix well and bake for 30 mins, or until the capsicum is charred on the outside and the flesh has softened. Cover the vegetables and set aside.

2 Fry the rosemary in a little olive oil, until the leaves get crisp. Set aside on a paper towel.

3 Peel the peppers and remove the seeds, chop roughly and place in a mixing bowl. Remove the garlic from its skin and chop finely; pick the fried rosemary from the stalk and chop. Mix the peppers with the chopped garlic and rosemary, add the oils, dried oregano, half the sesame seeds, smoked paprika, and lemon. Season, mix well and serve with sesame seeds sprinkled over.

**PER SERVING** 180 kcal • protein 3.2 g • carbs 13 g  
• sugars 0.2 g • fat 14.3 g • sat fat 2 g • fibre 2.5 g



## Roasted duck breast with sweet potato purée, spiced labneh, and harissa sauce

**SERVES** 6 **PREP** 45 mins  
**COOK** 1 hr **EASY**

**1kg of duck breast**  
**250g labneh**  
**40g harissa paste**

**50ml of fresh vegetable stock**  
**2 tbsp extra virgin olive oil**  
**2 tbsp unsalted butter**  
**Sea salt and pepper**

### FOR SPICE MIX

**5g coriander seeds**  
**A pinch of cumin seeds, anise seeds, yellow mustard seeds, black peppercorn, curcuma powder, ginger powder, cayenne pepper powder each**

### FOR THE SWEET POTATO PURÉE

**1kg orange coloured sweet potatoes, peeled and roughly chopped to the same size**  
**1 tbsp honey**

**4 tbsp extra virgin olive oil**  
**5g of the spice mix**  
**A pinch of sea salt**  
**5 garlic cloves, cracked open**  
**1/2 a lemon, sliced**  
**2 sprigs of thyme**  
**1 sprig of rosemary**

1 Prepare the duck breast by trimming off the extra fat around the flesh and the visible sinew.

2 In a mixing bowl, season the labneh with salt, pepper and add 1 tbsp of olive oil. Mix well and refrigerate. Bring to room temperature about 20 mins before serving.

3 To make the harissa sauce, heat up the vegetable stock, add the harissa paste and gradually whisk in 1 tbsp of olive oil. Season with salt and pepper, and set side.

4 For the spice mix, toast the whole seeds and peppercorns in a dry pan over medium heat. Add it to the powders and blend on high speed to make a fine powder.

5 Preheat the oven to 200C. Mix the sweet potatoes with the rest of the ingredients - only reserving 2 tbsp of olive oil, and place on a tray. Cover with foil, pierce small holes

into it to let the steam escape, and cook for 25 mins. Mix the sweet potatoes, cover again with the foil and cook for 10-15 mins further, until the potatoes are completely soft. Remove the foil, lemon slices and herbs, and return to the oven to cook for 5-10 mins, or until all the remaining liquids have nearly dried out. Transfer to a food processor, add the remaining olive oil and blend on high speed until smooth. Pass through a fine sieve and reserve in a small saucepan on very low heat, covered, to keep hot before serving.

6 Heat the oven again to 200C, and heat a cast iron skillet on medium heat.

7 Bring the duck to room temperature, season and cook skin side down in butter for 1 min, basting with the mix of the foaming butter and duck fat from the skin before cooking in the oven. Cook to medium, or your preferred temperature, and set aside to rest on a cooling rack.

8 Serve on a bed of warm sweet potato purée, drizzled with the labneh and harissa sauce. Sprinkle the spice mix on top.

**PER SERVING** Kcal 567 • protein 40.4 g • carbs 40.2 g • sugars 11.2 g • fat 28.2 g • sat fat 7.1 g • fibre 5.8 g • salt 1.72 g



## Grilled squid and sautéed greens, piquillos peppers, salsa verde

SERVES 6 PREP 45 mins COOK 2 mins **EASY**

**1kg fresh, small squids, cleaned (body and tentacles intact)**  
**1 small jar of piquillos peppers, sliced thin**  
 (Available at select specialty stores)  
**2 garlic cloves, chopped**  
**50ml extra virgin olive oil**  
**1 tsp chilli flakes**

**Sea salt and black pepper**  
**1 tbsp red wine vinegar**  
**1 bunch of mixed green leaves (spinach, chard, kangkong, kale, mustard greens)**  
**1 small shallot, chopped**  
**FOR THE SALSA VERDE**  
**1/2 bunch of basil**  
**1/4 bunch of flat parsley**  
**1/4 bunch of mint**  
**3 sprigs of oregano**  
**100ml extra virgin olive oil**  
**15g capers**  
**15g anchovies in oil**  
**Zest and juice of 1 lemon**

**1** Wash the squid, drain and place on a large tray. Cover with a clean cloth, and place uncovered in the refrigerator for a few hours, to dry the squid from excess moisture.

**2** In a large mixing bowl, mix the garlic cloves with 40ml of the olive oil, chilli flakes, salt and pepper. Mix in the squids and marinate for at least 30 mins.

**3** Wash and dry the herbs, then pick all the leaves from the stalks before combining with the rest of the salsa verde ingredients in a food processor. Pulse until you get a sauce which resembles a pesto, and reserve in an airtight container in the refrigerator.

**4** Preheat a grill and a large pan on medium to high heat. Sauté the chopped shallots and garlic until it starts colouring, then throw in the mixed greens. Add a little seasoning, reduce the heat, and cook while stirring frequently.

**5** Spread the marinated squid over the grill, giving them enough space so that they caramelize properly. Flip the squid over and cook for 2 mins.

**6** Finish the greens with the red wine vinegar and place on a plate. Place the squid on top, and drizzle the salsa verde all over. Garnish with the peppers.

**PER SERVING** 381 kcal • protein 27.6 g • carbs 8.3 g • sugars 1 g • fat 26 g • sat fat 4 g • fibre 0.6 g • salt 1.7 g >>>







## Grilled sardines and pesto crostini, escabeche dressing

**SERVES 6** **PREP** 1 hr **COOK** 5 mins 

**1kg fresh sardines, scaled, cleaned and deboned**  
**6 slices of sourdough bread (about 1cm thick)**

**Extra virgin olive oil**  
**Sea salt and pepper**  
**40g pine seeds, toasted**  
**2 sprigs of dill**

**1 lemon, cut into wedges**

### FOR THE ESCABECHE DRESSING

**2 sprigs of thyme**  
**1 sprig of rosemary**  
**1 bay leaf**  
**Pinch of anise seeds**  
**Pinch of coriander seeds**  
**5g peppercorn**  
**5g juniper berries**  
**1 medium-sized carrot**

**1 large shallot**  
**2 garlic cloves**  
**40ml white wine**  
**50ml white wine vinegar**  
**20ml water**  
**10g sugar**

**2 tbsp extra virgin olive oil**  
**Sea salt and pepper**

### FOR THE PESTO

**1 bunch of basil**  
**1 large garlic clove, peeled**  
**20g parmesan, grated**  
**30g pine nuts**  
**60ml extra virgin olive oil**  
**Pinch of sea salt**

- 1** Dry the skin of the sardines by refrigerating them uncovered.
- 2** For the escabeche dressing, make a small bouquet garni by tying together the thyme, rosemary and bay leaves using a butcher string.
- 3** In a dry pan, toast the spices until the

aromas are released, then place in a cheese cloth or small bag and seal with a string. Crush slightly using a rolling pin as a hammer.

**4** Peel and brunoise the carrot and shallots. In a small sauce pan, on medium heat, gently cook the vegetables in 1 tbsp of olive oil with the bouquet garni and spice bag. Add the garlic cloves, cook for 5 mins, then add the rest of the ingredients and season. Cook again on low heat for 10-15 mins, or until the dressing thickens slightly. Remove the bouquet garni and spice bag, and set aside. Add 1 tsp olive oil and cool down to room temperature.

**5** Toast the pine nuts in a dry pan over medium heat, until golden brown, shaking the pan constantly. Roughly chop the basil, garlic and pine nuts, add seasoning and crush in a mortar and pestle to get a rough paste. Pour in the olive oil and mix well.

**6** Preheat a grill pan or barbeque on high heat. Transfer the sardines to a large tray or platter for seasoning, drizzle with olive oil, and sprinkle with sea salt and pepper. Evenly coat all sardines.

**7** Drizzle a little olive oil and salt on to the slices of bread. Cook for about 30 secs, or until you get grill marks all over. Serve immediately with a spoon of pesto on the bread crostini. Arrange the grilled sardines, top with the escabeche dressing and garnish with the toasted pine seeds and dill.

**PER SERVING** 587 kcal • protein 38.6 g • carbs 24 g • sugars 3.7 g • fat 36 g • sat fat 5 g • fibre 1.3 g • salt 1.4 g 



French national  
Maxime Le Van,  
who has now  
made Dubai his  
second home,  
began his

culinary journey at the age of 15. He has previously worked as Head Chef of Embassy Dubai, Grosvenor House, and prior to that, at Club Gascon and L'Atelier de Joel Robuchon - both Michelin-starred restaurants in London. He is now the Head chef of Boca, a Mediterranean eatery in DIFC.





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# Choc stars

There's nothing quite like chocolate! But using the right kind makes all the difference, transforming your bakes and desserts into something truly special. Here are five recipes to try. Recipes JANE HORNBY Photographs SAM STOWELL

Brooklyn blackout cake, recipe p62





## Brooklyn blackout cake

During the blackouts of the Second World War, Ebinger Baking Company in the New York City borough of Brooklyn developed its Blackout cake – a rich, dark cake filled and coated with a thick cornflour chocolate custard, then finished with crumbled cake. It needs to be eaten from the fridge, and makes a really fabulous celebration cake.

**CUTS INTO** 12 slices **PREP** 30 mins plus cooling and over 5 hrs chilling **COOK** 30-40 mins

**A LITTLE EFFORT** ❄️ cake layers only

### FOR THE CAKE

**140g unsalted butter, plus extra**  
for greasing

**100ml vegetable oil**

**140g buttermilk**

**100ml coffee, made with**

**1 tsp espresso powder**

**2 large eggs, at room temperature**

**1 tsp vanilla extract**

**250g light muscovado sugar**

**250g plain flour**

**1 tsp bicarbonate of soda**

**2 tsp baking powder**

**50g cocoa powder**

### FOR THE CUSTARD FILLING

#### AND COVERING

**250g golden caster sugar**

**500ml full-fat milk**

**140g chocolate, 85% cocoa solids,**  
broken into cubes

**50g cornflour**

**2 tsp espresso powder**

**2 tsp vanilla extract**

**1** Make the custard first as it needs to chill. Put all the ingredients, except the vanilla, in a large pan and bring gently to the boil, whisking all the time, until the chocolate has melted and you have a silky, thick custard. It will take 5-7 mins from cold. Stir in the vanilla and a generous pinch of salt, then scrape the custard into a wide, shallow bowl. Cover the surface with cling film, cool, then chill for at least 3 hrs or until cold and set.

**2** Heat oven to 180C/160C fan. Grease then line the bases of 2 x 20cm sandwich tins. Melt the butter in a pan, then remove from the heat and beat in the oil, buttermilk, coffee and eggs. In a large bowl, whisk the dry ingredients together plus ¼ tsp salt (saves sifting) and squish any resistant lumps of sugar with your fingers. Tip in the wet ingredients and whisk until smooth.

**3** Divide the batter between the prepared tins and bake for 25-30 mins until risen and a skewer inserted into the middle of the cakes comes out clean. Cool for 10 mins, then transfer to a rack to cool completely, parchment-side down.

**4** Remove the parchment linings from the cakes. If the cakes are domed, trim them flat. Now cut each cake across the middle using a large serrated knife. Put your least successful layer and any trimmings into a processor and pulse it to crumbs. Tip into a large bowl.

**5** Sit one layer on a cake plate and spread it with a quarter of the custard. Sandwich the next layer on top, add another quarter of the custard, then top with the final layer of cake. Spoon the remaining custard on top of the cake, then spread it around the top and down the sides until smooth. Chill for 15 mins to firm up the custard again.

**6** Hold the cake over the bowl containing the crumbs, then sprinkle and gently press a layer of crumbs all over the cake. Brush any excess from the plate. You'll have some crumbs left. Chill for 2 hrs, or longer, before serving, and eat it cold. *Can be made up to 2 days ahead. The cake gets fudgier and more enticing the longer you leave it.*

**PER SLICE ENERGY** 548 kcal • fat 27g • saturates 12g • carbs 68g • sugars 47g • fibre 3g • protein 7g • salt 0.6g



## Chocolate bark

**MAKES ENOUGH FOR** 6-8 gift bags **PREP** 20 mins plus cooling **COOK** 5 mins **EASY** 🍴

**3 x 200g bars of milk chocolate**

**180g mini chocolate eggs or buttons**

**1 heaped tbsp freeze-dried raspberry**  
**pieces (or you could also use**  
**crystallised petals)**

**1** Break the chocolate into a large heatproof bowl. Bring a pan of water to a simmer, then sit the bowl on top. The water must not touch the bottom of the bowl. Let the chocolate slowly melt, stirring now and again with a spatula.

**2** Meanwhile, lightly grease then line a 23 x 33cm roasting tin or baking tray with parchment. Put three-quarters of the mini eggs or buttons into a food bag and bash them with a rolling pin until broken up.

**3** When the chocolate is smooth, pour it into the tin. Tip the tin from side to side to let the chocolate find the corners and level out. Scatter with the smashed and whole mini eggs, followed by the freeze-dried raspberry pieces. Leave to set, then remove from the parchment and snap into shards, ready to pack in boxes or bags.


**PER SERVING** (8) energy 511 kcal • fat 28g • saturates 17g • carbs 56g • sugars 56g • fibre 2g • protein 7g • salt 0.2g



## Choc chunk, cashew & cranberry cookies

**MAKES 30** **PREP** 20 mins plus cooling

**COOK** 12 mins per batch

**EASY**  uncooked dough only

**100g cashew nuts, or more if you like**

**140g unsalted butter, at room temperature, plus extra for greasing**

**250g plain flour**

**½ tsp baking powder**

**200g white caster sugar**

**100g crunchy cashew nut butter, or use peanut butter**

**1 large egg, beaten**

**2 tbsp golden syrup**

**200g bar of chocolate, 50% cocoa solids, chopped into 1cm chunks**

**50g dried cranberries (optional)**

**1** Heat oven to 180C/160C fan. Scatter the cashews over a baking tray and toast for 5-7 mins until golden. Cool, then roughly chop.

**2** Meanwhile, grease and line 2 baking sheets with parchment. Sift the flour, baking powder and ½ tsp salt into a large bowl, then stir in the sugar. Cut the butter into rough cubes, and add this and the nut butter to the bowl. Rub together until the mixture resembles damp breadcrumbs.

**3** Using a cutlery knife, work the egg and syrup into the bowl to make a soft dough. Tip in the chocolate, nuts and cranberries

(if using), and stir to combine. Try not to overwork the dough at this point.

**4** Roll slightly heaped tablespoons of dough into balls and place onto each baking sheet, leaving plenty of room for the cookies to spread. Bake for 12 mins or until golden at the edges and risen in the middle. Let them cool for 5 mins, then move to a rack to cool completely. Repeat until all the dough is shaped and baked. *To make ahead, freeze the raw cookies on a baking sheet, then transfer to a freezer bag or box once solid. Bake from frozen, adding 5 mins to the cooking time.*

**PER COOKIE ENERGY** 178 kcals • fat 9g

• saturates 4g • carbs 21g • sugars 13g • fibre 1g • protein 3g • salt 0.1g >>





## Dark & white chocolate cardamom swirl tart

**CUTS INTO** 12-15 slices **PREP** 30 mins plus cooling and chilling **COOK** 20 mins **A LITTLE EFFORT** 

### FOR THE GANACHES

**7 cardamom pods**

**400ml double cream**

**100g white caster sugar**

**200g white Belgian chocolate**

**180g 100% cacao (you can also use 99%)**

**25g unsalted butter, cut into small pieces and softened**

**1 tsp vanilla extract**

**150ml whole milk**

### FOR THE BASE

**200g dark chocolate digestives**

**75g unsalted butter, melted, plus extra for greasing**

**3 tbsp caster sugar (white or golden)**

**1** Crush the cardamom pods with a pestle and mortar, then put the seeds and the husks in a medium pan. Pour in the cream and sugar, stir, then heat gently until the cream begins to simmer. Remove the pan from the heat and leave to infuse for 30 mins.

**2** Meanwhile, finely chop the white chocolate in a food processor, then tip into a medium bowl. Repeat with the cacao, tip this into another bowl and add the butter. Season each chocolate with a pinch of salt.

**3** Heat oven to 180C/160C fan, and lightly grease a 23cm fluted tart tin or springform tin. Without cleaning the processor, tip in the digestives and pulse to fine crumbs. Pulse in the melted butter and sugar until the mixture looks like wet sand, then press firmly into the base of the tin. Slide it onto a baking sheet, bake for 10 mins, then cool completely.

**4** When the base is cold, reheat the infused cream to a simmer. Strain half the cream on top of the white chocolate and stir. Add the milk to what is left in the pan, reheat, then strain this over the chopped cacao and butter, and stir. It will take a few mins before each chocolate melts completely.

**5** Pour all but about 3 tbsp of the cacao ganache on top of the biscuit base and chill for 15 mins or until just set. Now flood the top with the white chocolate ganache. Finish with the reserved cacao mix, dropping 6 dollops on top like a clock



face, and one in the middle. Use a skewer to swirl the colours together. Chill for at least 4 hrs or ideally overnight to let the ganache set firm, then bring it out of the fridge for 30 mins before serving.

**PER SLICE** (15) energy 455 kcs • fat 34g • saturates 20g • carbs 33g • sugars 26g • fibre 1g • protein 4g • salt 0.3g

### Tips for success

- \* Keep a saucepan of hot water to hand; if either chocolate ganache doesn't melt entirely, or thickens up a little too much as you assemble the tart, simply sit the bowl over the pan and stir with a spatula until flowing again.
- \* For super-clean slices, warm your knife with hot water from the kettle, dry it, then slice the tart.



## Salted caramel brownies

A can of ready-made caramel gives these brownies a wonderful fudgy texture, as well as their distinct salted caramel stripes. It's important that you use the right mix of chocolate.

**MAKES** 16 larger or 32 bite-sized brownies

**PREP** 20 mins plus cooling **COOK** 30 mins

**EASY** 

**200g unsalted butter, plus a little extra for greasing**

**100g chocolate, 70% cocoa solids**

**100g chocolate, 50% cocoa solids**

**397g canned caramel**

**1 tsp flaky sea salt, plus a little extra for the top**

**200g golden caster sugar**

**4 medium eggs, at room temperature**

**100g plain flour, plus 2 tbsp**

**50g cocoa powder**

**1** Heat oven to 180C/160C fan. Grease then line a 23cm square traybake tin with baking parchment. Melt the butter in a medium pan, break in all the chocolate,

then remove the pan from the heat and wait for the cubes to melt.

**2** In a small bowl, mix 175g of the caramel with 1 tsp sea salt – it will loosen up. Put the rest of the caramel in a large bowl with the sugar and eggs, and beat with an electric hand mixer or balloon whisk until even.

**3** Whisk in the chocolate and butter. In another bowl, combine the flour, cocoa and a good pinch of table salt, then sift this on top of the chocolate mix. Beat briefly until smooth.


**4** Pour half the brownie batter into the tin and level it with a spatula. Using a teaspoon, spoon half of the salted caramel on top of the batter layer in 5 thick, evenly spaced stripes. Spoon the rest of the brownie batter on top and smooth it out, trying not to disturb the caramel beneath. Top with the rest of the caramel in the same stripy fashion. Drag a skewer or tip of a knife through the caramel to make a feathered pattern on the top.

**5** Scatter with a little more sea salt, then bake for 25-30 mins or until risen all the way to the middle with a firm crust on top. When ready, the brownie will jiggle just a little



when you shake the tin. Let it cool completely in the tin, then cut into squares.

**PER BROWNIE** (16) energy 345 kcs • fat 19g

• saturates 11g • carbs 37g • sugars 29g • fibre 2g • protein 5g • salt 0.8g 



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# Gourmet Lifestyle

Travel, global cuisines, health, interviews, kitchens and more



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**ABOVE** I keep fun straws on my shelves. When I make a smoothie in the morning, I like to drink it with a cheerful straw!

I got this from a thrift shop in New Orleans. I'm a huge ice cream fan and love these flavours

**LEFT** My shelves are packed with interesting grains, such as buckwheat, amaranth and millet



## MY KITCHEN

# Anna Jones

Chef and author Anna Jones, shows Holly Brooke-Smith how she cooks at her London home.

Photographs GEOFF WILKINSON

**A**fter reading a newspaper article about following your passion, Anna Jones quit her job and enrolled at Jamie Oliver's Fifteen training programme in 2003. She went on to work as a chef in London, Spain and Tuscany before rejoining Jamie's team four years later as a food stylist and writer. Her first book, *A Modern Way to Eat* (Fourth Estate), was published last summer, and a follow-up, *A Modern Way to Cook* (Harper Collins), will be out in June. She lives in east London with her partner, John.

### Describe your kitchen for us!

The previous owners were furniture designers, so the fittings came with the house. Half of the appeal when we bought it was the lovely details they'd put in. I love being able to look out into the garden too. We moved here in December and I had no idea what was going to happen in the spring – then everything went yellow when the mimosa came out. It's amazing.

### What do you cook when friends come over?

I get a bit overexcited, and start off arranging a dinner party for eight, but often end up with 20-30 people. We recently bought a wood-burning oven for the back garden, so we've had some pizza and flatbread parties. I generally cook Mexican because it's great for sharing. You can make lots of tacos and the food looks good on all kinds of colourful serving dishes and bowls.

### How many people can sit at your table?

We've had 14. It's from Ardingly antiques fair in West Sussex. I bought it two days before we moved in, without knowing if we could get it into the house, so I was relieved when we did. I sit there and do my work. It's really important for us to have a lovely big table – although it's normally just me and John.

### Are you a collector?

I deal with crockery the way some people manage their wardrobes. In order to get a few more items,

I have to get rid of things. That's the deal I have with John, anyway! Some things have to go if I want more. One of our jugs was made by John's uncle, who had a pottery on Skye in Scotland for years and years, so it's very special.

### What about gadgets?

I have a few, but the one I use the most is my speed peeler. It makes ribbons of carrots and courgettes, and there's something quite meditative about peeling. I also have a Vitamix blender – it's quick and so powerful. I make a lot of pestos and sauces with nuts and chutneys, which layer up the flavour of a dish, so having a blender is a huge time-saver. Cooking for me is really tactile. It's about having a connection with what you're doing, and the spluttering and squidging of the food. That's why I don't have a microwave.

### Who's on your bookshelves?

I don't cook from recipes very often, but I look at





Lemons are a huge part of my cooking – they are like a third seasoning



I have colour palettes I like – yellows, muted blues, greens and greys



My sister found this tin in a second-hand shop. When we were little, we had a poster in our bedroom featuring the same characters



Holly and Anna at the generous table

## GET THE LOOK

Add character to your kitchen with quirky wall art such as this Seletti interchangeable Lighthink box, Dhs413 at The Design Shop by Sauce.



Stack colourful bowls, as Anna does on her kitchen shelves, to brighten the space. Dhs49, at Home Centre.

Add cheer to smoothies, ice creams and desserts with these fun Rice Trust spoons! Dhs57.50 at The Change Initiative.



## I'VE NEVER MISSED MEAT

**Anna explains how her cooking developed when she changed the way she ate.**

"I became a vegetarian seven years ago, originally as a bit of an experiment, with no intention of doing it forever. It was quite a big thing because I was a chef in a professional kitchen. At the time, saying that I was veggie was a bit like a swear word. I was apprehensive about telling the people I worked with, and it took a while to build up that courage, but I've never looked back.

"I don't feel like anything is missing in my diet because I have changed my focus and the way I cook. I create dishes with more depth now – layering the flavours and textures, as well as using colour and lots of different veg and grains. It's been such a brilliant exploration of cooking that I haven't missed meat at all.

"We've come a long way in the past ten years. Back then, cooking was something we weren't doing as much of – now cookery is top of the charts. We've learnt lots of lessons about provenance, seasonality, health and nutrition, and now we're assimilating that information, turning it into a way of cooking that covers the best of everything.

"The modern way of cooking and eating is not about rules, as you can't make decisions for everyone's bodies – we're all so different. Rather, it's about delicious and joyful food."

books for inspiration. Some of my favourites are *Super Natural Cooking* by Heidi Swanson (Ten Speed Press), and *Green Kitchen Travels* by David Frenkiel (Hardie Grant books), on healthy vegetarian cooking. I love the way Skye Gyngell cooks and her book *My Favourite Ingredients* (Quadrille Publishing).

### Were you interested in food as a child?

I was one of those geeky little children trying to work out how to make lemon curd, rather than doing cartwheels in the garden, but my parents encouraged it. My mum has a head for healthy cooking and was keen on nourishing us. I grew up in California in a post-hippy area of San Francisco, and that definitely introduced me to eating in a joyful way rather than thinking of healthy food as worthy.

### What influences the way you cook today?

I was a chef for quite a few years but then I spent seven years working for Jamie's magazine and cookery programmes – I did food styling for photographs, and sourced props to use in the pictures. It helped me to understand what people want when they cook at home. That informs a lot of what I write about.

### Why did you stop working in restaurants?

It's all down to *BBC Good Food*! When I was at Fifteen, we were asked to do some recipes for the magazine and I wrote down some ideas that were chosen. So I went to the photo shoot and discovered this whole new world of food that wasn't just the bravado of the professional kitchen. I still have a Polaroid of my dish! 📷



# A cook's apprentice



The revolutionary De'longhi Multifry multicooker is a gadget that can help you cook anything from risottos to steak in a healthier fashion. And yes, it does perfectly crisp French fries too!

The De'Longhi MultiFry is an innovative cooking appliance combining a low-oil fryer and a multi-cooker, that helps fry and cook complete meals with minimum fat – and fuss. A special Surround Heating System (SHS) technology, with dual heating elements both at the top and the bottom, and fan, provides centralised heat distribution to allow for even, oven-like cooking with perfect results. A detachable automatic paddle enhances the air distribution as well as provides regular stirring, making dishes like risottos – which can be a challenge under normal circumstances, requiring constant attention – a breeze. But, it is removable, which means the multi cooker can also make dishes like pies, pizza, cakes, and meats and fish effortlessly, while a clear lid allows you to keep an eye on what's cooking. The gadget comes with a variety of recipes (the multicooker has its own app that users can download) which means that it will not only cook for you – all you need to do is just place the ingredients, turn it on according to the programmed timings, and let it do its thing! – but also provide inspiration. The easy-to-use and look after appliance comes with a large bowl – perfect for large families – and is dishwasher safe. The Multicooker comes in four different models, with varying features, and is available at all leading electronics store and hypermarkets. Prices start at Dhs899 (Ramadan offers from Dhs599), available at all leading hypermarkets and electronics stores.



## Vegetable couscous

PREP 20 MINS | COOK 45 MINS

- 1 clove of garlic**
- 1 hot pepper (add more if you like a bit more heat)**
- 1 shallot**
- Olive oil**
- 350g aubergines**
- 350g courgettes**
- 100g carrots**
- 100g cherry tomatoes**
- 250ml vegetable stock**
- 500g couscous**
- 540ml water**
- Salt, to taste**
- Butter, as required**

**1** Peel the garlic, dice the hot pepper, chop the shallot and put everything in the bowl,

spreading it out over the bottom. Add the oil.

**2** Wash and dice the aubergine, courgettes, carrots and cherry tomatoes. Set the tomatoes aside to be added to the couscous later.

**3** Close the lid of the multicooker, set the thermostat dial to position 4, press the bottom heating element button and press the on/off button. Sauté for 3 mins. Add the carrots and stock and cook for another 6 mins. Then add the aubergines and courgettes, season with salt and pepper and cook for another 30 mins.

**4** Prepare the couscous separately by boiling the water in a pan with a teaspoon of salt. Add the couscous and oil, stir and turn off the heat. Let stand for 3 mins. Add a knob of butter and cook for another 3 min., tossing regularly with a fork to keep it from clumping.

**5** As soon as the vegetables have cooled down, add the cherry tomatoes and put everything in a bowl along with the couscous.







**MULTIFRY**  
THE MULTICOOKER



De'Longhi Multifry is a new innovative cooking appliance combining a state-of-the art low oil fryer and multicooker. Your perfect solution to healthier living, Multifry is capable of creating a vast array of delicious dishes. It also introduces an exclusive Surround Heating System technology where you can fry, cook, or grill and bake hundreds of lighter and healthier dishes, perfectly.

Discover new, healthier and tastier ways of cooking with over 250 recipes.  
For more information and great recipes, please visit [multifry.delonghi.com](http://multifry.delonghi.com)



For more recipes download our Free APP  
"De'Longhi Recipe Book"





# Food Safari: Morocco

We dip into the UAE's multicultural melting pot to discover a new cuisine from a foodie.

Moroccan tea, tagine, and aromatic spices – these are just some of the well known exports from Morocco most of us are familiar with. “Everyone thinks we only have tagines and couscous, but there’s so much more to it,” says Hanane Ouaddahou, a Moroccan foodie who grew up in Casablanca, and lived in France for 15 years. Hanane loves Paris, but Dubai even more – she moved here two years ago with her husband and son. She visits her family in Morocco often, and usually comes home with suitcases packed with spices and homemade snacks.

When we met Hanane at her villa in Arabian Ranches, she greeted us with freshly brewed Moroccan tea, and fekkas (aniseed biscuits). Hanane loves food! Her husband thinks she’s obsessed with it, and she proudly confirms this. “When I was pregnant with my son, while living in Paris, I left my job as a financial consultant, and opened a Moroccan restaurant. It operated for two years, and I sold it before moving to Dubai,” she says. Hanane, who found herself in the kitchen from the age of ten, now conducts cooking classes



*Hanane is the youngest of three siblings*



*Hanane's teenage years in Paris*

**Casablanca**



**Hanane loves entertaining with Moroccan snacks and tea**

## THE COUNTRY

The North African country's capital is Rabat, however cities like Agadir, Marrakech, Tangier, and Casablanca, have become the best known destinations for tourists, thanks to their 'exotic Arabia' image perpetrated in popular culture. Morocco, whose indigenous inhabitants were the Berbers (a 4000-year old nomadic community), has had a number of invaders through its turbulent past, starting with the Arab invasion in the 7<sup>th</sup> and 8<sup>th</sup> centuries AD. The region was colonised by the French and Spanish in the 17<sup>th</sup> century, thereafter becoming a French protectorate in 1912 – the French have had the most enduring influence on Moroccan culture – which is what it remained until 1956, when it was declared an independent state.

Today, the tourist-friendly nation is home to multiple cities which all have its own unique charms, with landscapes comprising of desert, the sea, and mountains – best known of which are the Atlas Mountains which extend towards Algeria and



Tunisia as well. These mountain ranges include the high, middle and anti-Atlas, and at the highest peaks you can find snow caps all year round.

The Rif Mountains (not part of the Atlas range) can be found towards the north of the country, where most of the agriculture takes place due to abundant rainfalls. The northern and central areas of the country experience a cool breeze from the Mediterranean Sea and Atlantic Ocean, and overall, the country experiences all four seasons, which lends itself to growth of a variety of fruit and vegetables. Mediterranean produce like tomatoes, cucumbers, quince, apples, figs, pears, and dates are grown in the plateaus of the north. Grapes, olives, and pulses – grown during summer – and cereals such as wheat and barley are grown in the north too, where the climate is warm and experiences rainfall. Almonds, used widely in most Moroccan dishes, come from the south of the country, near Agadir. Some tropical fruit and vegetables are also grown in parts of the country. Moroccans love meat, which is why cattle farming takes place across the country – goat and sheep being the popular meat choices in Moroccan cuisine.

While a traditional Muslim state, it is today contemporary and cosmopolitan, particularly in the urban areas. Hanane describes her hometown Cassablanca, as a modern city. “The city is packed with cars, way too much traffic, restaurants, bars and street food carts everywhere,” says Hanane. For her, growing up in the city involved trips to the cinema, a game or two of football in the park, and road trips to the countryside. She fondly recalls her trips to Tangier in the North which included pit stops at a gas station along the way. In Morocco, when you travel between cities, there are butcher shops and barbecue restaurants along the way, so you can buy your meat and ask for it to be grilled the way you like. On trips to this city along the coast, she always enjoyed eating fresh fish – the people here eat a lot of fish – either grilled or in tagines. Northern Morocco has a prevalent Spanish influence – because it was colonised – and here, Hanane tells us, you will notice that people speak Spanish and Arabic, rather than French which is commonly spoken all over Morocco.

But the best known city of Morocco is probably Marrakech, a beautiful, colourful town popular with travellers from around the world. “My family has a home in Marrakech, and that city can be described in one word – red,” says Hanane.

## THE CUISINE

Moroccan food is undoubtedly packed with unique, multi-layered flavours. “Contrary to what some people might think, our food isn’t spicy at all, and the



A Moroccan kasbah in Atlas Mountain



Spices at a Marrakech market



Morocco produces a large range of fruits and vegetables

most heat you will taste, is in the red chilli harissa paste, and a dish called charmoula (a spicy marinade made with mixed spices),” says Hanane. The history of the cuisine dates back to the country’s first inhabitants, the Berbers – Hanane’s father is a Berber – who mastered the art of preserving, and invented dishes like tagine and couscous. Morocco is heavily influenced by the Arabs, who brought with them spices, nuts and dried fruits during the invasion, the Moors (medieval Muslim inhabitants of the Maghreb region from late 600s to early 700s) who introduced olives, and citrus, and the Ottoman Empire which brought about the use of barbecue and cooking of grilled meats. The occupancy by the French (during the 17<sup>th</sup> and 18<sup>th</sup> centuries) plays a significant role in the country’s food and culture, as the French left behind the café culture, pastries, wine, and dishes like babouche, made up of snails in a traditional soup. Towards the north, Spanish influences like the use of fish in dishes, pastilla (a pie made with pigeon or chicken), and sandwiches like bocadillo (filled with a Spanish omelette) can be seen, thanks to the Moors who travelled from Andalusia, and the Spanish colonisation, also during the 16<sup>th</sup> and 17<sup>th</sup> centuries.

If you open up a Moroccan spice cabinet, you are most likely to find cumin, salt, turmeric, saffron, paprika, cardamom, cloves, sesame seeds, and of course Ras el hanout (a spice mix typically containing cloves, cumin, cloves, cardamom,

nutmeg, all-spice and a selection of other spices – although each household has its own version). Herbs like coriander and parsley are also used widely, and dishes are almost always cooked in olive oil, butter and smen (clarified butter). “I love the smell and taste of smen. It’s very popular in Moroccan cuisine, and the taste is similar to blue cheese – we add a very small spoon of it just for the aroma and taste,” says Hanane. Breakfast staples feature Baghir (semolina pancakes) with honey and butter, Krachel (freshly baked buns with aniseeds and sesame seeds), and lots of Moroccan tea. A fun fact we found out from Hanane is that shakshouka is usually eaten cold in Morocco and traditionally made without eggs, the addition of eggs to the dish originated in Tunisia.

Street food culture is extremely popular all over Morocco, with carts selling unique delicacies like sausages in bread, grilled liver, stuffed spleen, and all types of lamb. A typical meal would consist of lamb or chicken and vegetable tagine, or lamb with chickpeas as the main dish, served with flatbread or couscous, and bowls of salad and appetisers like Zalouk (a mashed eggplant), beetroot salad, Moroccan salad with fresh tomatoes, grilled peppers and preserved lemons. A light dinner option is grilled meats with salad. “There are variations to our couscous dishes too. Some eat it with just vegetables, with nuts like almonds or walnuts, and mixed with lamb or meat,” she says. Couscous is an item that can be found on every table on a Friday, as it’s eaten after prayers. >>



Moroccans have quite the sweet tooth as well – Moroccan desserts such as almond-stuffed pastries, and gharita (made with walnuts, semolina and almonds) are known around the world.

Most Moroccan dishes have some sort of garnish, either cashew or almonds, dried fruits like prunes, apricot, quince, or figs, and herbs. “Moroccans like the combination of sweet and salty flavours in dishes. The food is healthier than people think, as we use a lot of fruit and vegetables,” she says. Another garnish used widely, to give dishes a kick, is preserved lemons. “We quarter lemons and stuff it with salt, before packing into a tightly sealed jar. This is used in tagines and salads, and keeps for two months,” says Hanane. Meat is also dried and preserved with coriander, cumin and salt to make a dish called Khliea. Once dried, it is added to ghee and olive oil – the concept is similar to duck confit. The soaked meat is then taken out of the mixture and eaten with lentils, or eggs for breakfast. Another snippet of knowledge Hanane shared with us, is about the growth of truffles in the country. Not many know this, but white truffles have been growing in Morocco for ages – she has yet to taste it though!

## THE CULTURE

Moroccan food is exotic, the people are welcoming, and the culture diverse – thanks to its complex history, with each invasion leaving an imprint on local traditions. The richness of their heritage is manifested as much in their legacy of architecture, design and craft, as it is in their cuisine. Their ingrained hospitality and passion for sharing, whether it’s knowledge on their cuisine, or a cup of their renowned Moroccan tea – typically made in a gorgeous stainless steel teapot and served in colourful glasses – is unmistakable.

Weddings, Eid, and the birth of a baby are all significant occasions centred around food in Morocco. During occasions like Eid Al Adha, Moroccans eat a slow-cooked meat dish called Mrouzia – leg of lamb or meat from the neck, marinated in Ras el hannout and topped with honey and raisins. At weddings, guests enjoy dishes like chicken with preserved lemon, meshwi (grilled lamb), pastilla (pigeon pastry pie) and heaps of tea. Another typical culinary ritual is that of presenting new mothers with dishes like Rfissa (a shredded crepe with fenugreek seeds, nigella seeds, chicken or pigeon, lentils, and onions) which has beneficial properties breastfeeding women.

Hanane is the perfect example of the warm Moroccan hospitality, as she shares her love for the cuisine with us, while showcasing authentic dishes that you can try too.



## TRY THESE

### Chicken briouates

**MAKES** 12 pcs **PREP** 20 mins **COOK** 40 mins

**A LITTLE EFFORT**

**12 samosa sheets, or 4 large frozen spring rolls wrappers (cut into strips)**

**2 tbsp butter, melted**

**1 egg yolk, lightly beaten**

**235ml vegetable oil**

**FOR THE CHICKEN FILLING**

**4 chicken thighs, skin removed**

**1 medium onion, chopped**

**1 garlic clove, pressed**

**1/2 tbsp ground ginger**

**1/2 tbsp. white pepper**

**1 small cinnamon stick**

**A pinch of saffron threads**

**1/2 tsp turmeric**

**2 1/2 tbsp vegetable oil**

**150ml water**

**3 tbsp coriander, chopped**

**FOR THE ALMOND PASTE**

**100g blanched, fried almonds**

**1/2 tsp ground cinnamon**

**1 tbsp icing sugar**

**1/4 tsp mastic, crushed (Available at select supermarkets)**

**1/2 tbsp orange blossom water**

**1** In a pot, add the chicken thighs along with the spices, onion, garlic, and oil. Cover with water and cook over medium heat – stirring occasionally until the chicken is very tender. Remove and set aside to cool down slightly. Continue cooking and stirring the onions and sauce until the liquids are reduced. Add the chopped coriander, remove and turn off the heat.

**2** Debone the chicken thighs and chop the meat into small one-inch pieces. Add the sauce to the chicken, stir well and set aside.

**3** Mix the almonds with cinnamon, icing sugar, mastic and orange blossom water.

**4** Take a samosa sheet or spring roll wrapper and brush it with melted butter. Add a large spoonful of the chicken filling and almond paste, leaving one inch space at the edges. Fold the samosa, twisting the sheet from left to right to form a triangle, and then make a small tightly sealed triangle. Trim the end of the dough to make a flap and dot with the beaten egg yolk, so that it sticks together. Deep fry the briouates in hot oil, until golden brown. Drain and sprinkle with ground cinnamon and icing sugar before serving.

**PER SERVING** 210 kcs • protein 7.7g • carbs 9g

• fat 16.3g • sat fat 2.8g • fibre 1.2g • sugar 1.3g • salt 0.2g





## Eggplant aalouk

SERVES 4 PREP 20 mins COOK 40 mins **EASY**

- 2 medium eggplants
- 4 tbsp extra virgin oil
- 3 medium tomatoes peeled, seeded and chopped or 400g drained, chopped canned tomatoes
- A pinch of sugar
- 3 garlic cloves, pressed
- 1 tbsp ground cumin
- 1 tbsp paprika
- 1/4 tsp cayenne pepper
- 1 1/2 tsp salt
- 1 tbsp tomato paste
- 2 tbsp coriander, finely chopped
- 1 small lemon wedge
- Pinch of dried thyme

**1** Preheat oven to 180C. Pierce each eggplant with a toothpick, halve lengthwise. Place cut side down on a foil-lined baking tray, and grill until tender, about 25 mins.

**2** Scoop out the roasted eggplant flesh while still hot and let it drain in a colander until cool. Squeeze gently to remove excess juices.

**3** Heat the olive oil in a non-stick skillet over medium heat. Add tomatoes, sugar, garlic, cumin, paprika, cayenne pepper, salt and tomato paste, and cook for 20 mins.

**4** Crush the eggplant, and add to the skillet. Tip in the coriander and continue cooking for 15-20 mins, until the liquids are reduced. Squeeze lemon juice into the dish, and sprinkle the dried thyme. Serve warm or cold, with olive oil drizzled all over.

**PER SERVING** 620 kcs • protein 1.6g • carbs 8.2g  
• fat 13.9g • sat fat 0.2g • fibre 3.4g • sugar 4.8g • salt 2.6g



## Lamb tagine with prunes

SERVES 6 PREP 15 mins COOK 1 hr **EASY**

- 1kg lamb shoulder, cut into three inch pieces
- 1 medium onion, grated or finely chopped
- 1 garlic clove, pressed
- 4 tbsp vegetable oil
- 1 tsp ghee (optional)
- 1 tsp ground ginger
- 1/2 tsp white pepper
- 1/2 tsp Ras el hanout spice mix
- 10 saffron threads
- 2 medium pieces of cinnamon sticks
- 3/4 tsp salt
- 3-4 sprigs of parsley and coriander, tied together to form a bouquet
- 350ml water
- FOR THE PRUNES**
- 500g pitted dried prunes
- 300ml water
- 2 tbsp sugar
- 3 tbsp honey
- 25g butter

- 1/2 tsp ground cinnamon
- 2 tbsp orange blossom water
- FOR THE DRESSING**
- 2 tbsp sesame seeds, toasted
- 150g almonds, blanched and fried
- 2 hardboiled eggs, cut in half

**1** In a pot, brown the meat with the onions, garlic and oil for 2 mins over medium heat. Add the spices, herbs bouquet, ghee and water. Cover and let it simmer until the meat is very tender and breaks away easily from the bone.

**2** Place the prunes in a small saucepan and cover with water. Add the sugar, honey, salt, cinnamon, butter, and orange blossom water.

**3** Simmer the prunes for 15-20 mins until it forms a thick syrup. Place the meat on a large serving dish or tagine bowl, and garnish with prunes on top.

**4** Mix a little of the sauce with the prune syrup and pour over the meat. Arrange the eggs on top. Sprinkle the sesame seeds and almonds all over, and serve with steamed couscous or bread.

**PER SERVING** 899 kcs • protein 34g • carbs 69g  
• fat 57g • sat fat 19g • fibre 7.5g • sugar 45g • salt 1.1g **BB**



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# Taste of the world

All the foodie news from around the globe.

## Malta magic

This Mediterranean island is a unique microcosm of a destination, with its own local cuisine to match. There's no better way to discover it than by booking a Gourmet Extravaganza package, which, alongside three nights' stay includes dinner featuring authentic dishes made with sustainable local produce at the historic Villa Corinthia restaurant; a wine tasting tour at Meridiana Winery, plus an Oriental dinner at Rickshaw restaurant, to mix things up a bit. The package is priced at €187 (around Dhs750) per night. But if you really wanted to splash out on a luxury trip, their bespoke Private Malta experience is the one to book - with lunches and dinners at private aristocratic residences, yacht tour, and exclusive concert included, it doesn't come cheap (€2,290 per person), but is sure to be a once-in-a-lifetime experience. [www.corinthia.com](http://www.corinthia.com).



## Wine-farm getaway

Fancy a South African sojourn? Escape to The Homestead, a newly opened luxury villa farmstay in Oldenburg Vineyards, in the stunning Stellenbosch region. Set amidst rolling vineyards, the converted historic family home features six bedrooms, the services of a personal chef, and wine tastings at the attached cellar door, with the surrounding wine countries several restaurants and vineyards are all within easy access. The intimate, elegant destination is perfect for an idyllic getaway en famille! Prices start from R14,000 (around Dhs4,300) per night, visit [www.oldenburgvineyards.com](http://www.oldenburgvineyards.com).

## Stateside flavours

*The US has always been at the cutting edge of food trends, but now you can plan your culinary travels there to explore said trends with the help of their new website aimed at promoting the gastronomic offerings of all 50 states - [www.DiscoverAmerica.com/flavours](http://www.DiscoverAmerica.com/flavours). Supported by the James Beard foundation, the website features recipes, a calendar of food events, culinary itinerary ideas, wine and beer trails and tips on dining etiquette.*

## Picnic in *PARIS*

There's nothing quite like a Parisian summer afternoon, and to enjoy it in true French style, the luxe Le Royal Monceau-Raffles Paris hotel is offering a stylish Le Pic-Chic Veuve Clicquot picnic package in partnership with the renowned champagne brand. A gourmet picnic basket including dishes like cold beef fillet, Parisian green bean salad, black truffle mustard; indulgent free range chicken, Emmental cheese, tomatoes, salad, eggs club sandwiches; Gariguette strawberries; and Pierre Hermé macarons, along with bottles of bubbly, is best enjoyed in the nearby Park Monceau, an English manor-style park well-loved by locals. Picnic hamper is priced at €240 (around Dhs950) for two, [leroyalmonceau.com](http://leroyalmonceau.com).







# Designer dining in Thailand

Sudeshna Ghosh travels to Phang Nga to try one of the most luxurious meals in the world.



**Chef Alex Burger at work in Aziamendi**

As we crowded around the gnarled, short bonsai tree, peering into the darkness, I really started to feel like I was having to ‘forage’ for my dinner. Is this what a THB50,000 (around Dhs5,300) meal was going to be about? I needn’t have worried – the rest of the meal was as luxurious as it gets – oysters, truffles, caviar and vintages peppering the entire evening, in the designer setting of Aziamendi restaurant.

The restaurant, which opened in December 2013, instantly catapulted straight to the top when it comes to gastronomic destinations in Thailand, competing with the best of Bangkok. The artfully designed restaurant is headed up by three Michelin-starred Spanish chef Eneko Atxa, and ably run by his trusted protégé, New Yorker Alex Burger. But, ignore the nomenclature, burgers aren’t exactly the sort of thing you can expect on the menu here!

Photographs SUPPLIED



Our bonsai tree pit-stop was the penultimate one in our adventurous journey to the restaurant as part of their new Ultimate Menu experience. My dining companions for the evening and I had started at the in-house art gallery of the Iniala Beach House, a design-led boutique ultra-luxury resort in Phang Na (but, more on that later), with a 'picnic'. Our first course, which arrived in a picnic basket while we were sipping creative cocktails – lemongrass and egg whites with truffle oil, anyone? – consisted of Cantabrian anchovies on brick paper (toast) with anchovy mayonnaise; piña colada cocktail in a gold bonbon; Hokkaido sea urchin custard with American sauce gel; and hibiscus infusion with orange and pomelo. And yes, each one of these bite-sized nibbles tasted as grandiose as they sound, with an incredible amount of intricacy and finesse going into the creation of each, resulting in a perfect balance of flavours and textures. But, I dare not use up all my superlatives in the very first course!

As we walked out of the art gallery, Alex, who was escorting us, suddenly stopped at the foot of the landscaped garden's pathway, and picked up some test tubes from the ground, to offer us some palate-cleansing mocktails – while we joked about how dodgy this could appear to be, the fruity shots were nothing short of delicious. A short walk then led us to afore-mentioned bonsai tree. Thoroughly intrigued, and enjoying the real sense of adventure this whole experience was bringing us, I plucked the juicy cherry tomatoes hanging off of said tree – which had been injected with raspberry juice – and bit into them, along with the 'tree bark' made of dehydrated skin of sunchokes, lying alongside.

Just when I thought our adventures were about to end, we were then escorted into the restaurant – not to our table, but straight into the kitchen instead! Our next course of truffled eggs involved Alex and his sous chef showing us how it's made – by injecting truffle oil into a parboiled yolk, and topped with some truffle caviar. After almost 'inhaling' these, we finally made our way to our table for our next course – oyster topped with tomato water gel, caviar, whipped butter on toast, and a very interesting tempura algae. The oysters are Fine de Claire (a strictly regulated French standard for oysters determining size, freshness and quality), the caviar the finest beluga variety, and the butter, Echire (a delicate, high-fat artisanal butter that is made using centuries-old techniques and a small selection of cows from within a 50km radius in a corner of western France) – this represents the quality of the meal. Literally, the finest, most luxurious ingredients from around the world are bought in to facilitate what truly feels like an 'ultimate' dinner.

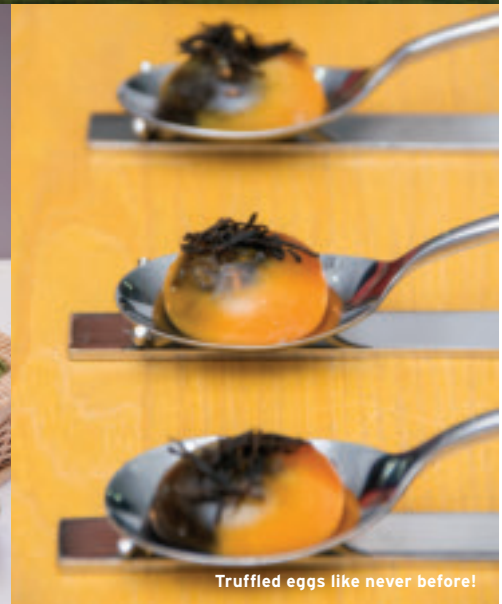
Aziamendi's stylish, eclectic décor featuring art >>



Architectural and gastronomic mastery make a happy marriage in Aziamendi



A picnic basket for hors d'oeuvres



Truffled eggs like never before!



Oysters and caviar make for fine companions



The flavours of tuna belly allowed to shine through with a red pepper sauce, and in the form of Saku noodles with spicy tsuyu dressing and sesame seeds



from various South East Asian artists and organic shapes provide an appropriately luxurious setting for this kind of a meal.

Subsequent courses, each of them artfully presented, included Iberico ham, porcini carpaccio topped with potato omelette foam – which was sprayed on to our plates at the table in another example of culinary theatre – seared tuna belly from Japan, and also from Japan, Kobe beef striploin with a red wine sauce and a light-as-air potato soufflé ‘pillow’ filled with garlic cream (who knew the humble potato could be elevated to such gourmet status?). Each course was paired with the finest vintages – and when I say finest, I mean it; we started with a Krug champagne, and one of the wines we enjoyed was a rare 1961 vintage French Domaine Huet from the Loire valley. After all, the wine pairing was managed by one of Thailand’s best sommeliers, Fabienne Etienne, whose passion for viticulture has won him many awards.

The twelve-course menu also included foie gras – something I have personal concerns about, because of the ethical issues surrounding it – but I was assured that it was sustainably produced (no ducks are force-fed), as sustainability is very much a part of Aziamendi’s philosophy. Thus persuaded, I allowed myself to enjoy the foie gras three ways dish – served simply seared with orange marmalade; grilled, with a strong smoky flavour from the ashy coating; and in a cute bonbon where the foie gras was coated with smoked, blast frozen then shaved – to offer a completely new textural and flavour experience with the liver specialty. Another highlight was kokotxas, a Basque country specialty – an obvious nod to Eneko Atxas’ heritage – in which the cheek of hake fish is confit-ed and served with a spicy garlic Pil Pil sauce, resulting in a beautiful butter-soft dish oozing flavour.

The pace and portions of the meal were perfect, so you don’t feel over-full, even if the cheese course starts pushing your limits. Dessert, which was a multi-textured chocolate concoction of mousse, ice cream and tuille with dulce de leche ganache, featured the world’s best chocolates again (Caraiibe, a single-origin dark chocolate from the Caribbean; Jivara, a creamy, milky chocolate perfect for cooking with; and Manjari, a dark chocolate made with the finest beans from Madagascar), kind of snuck its way into our bellies anyways. But I had to put my foot down when it came to the petit fours of chocolate raspberry macarons, bon bons and marshmallow – these came back with me to my chic Owner’s suite in the Collector’s Villa of Iniala Beach House.



All the three villas enjoy their own private pools and lounge areas

## Stay in style

One of just ten suites in this three-villa boutique resort, Iniala is unlike anything else. Don’t come here expecting traditional Thai arches (although there is one at the entrance) and lotus ponds – this is designer luxury at its edgiest best. Each villa and room in the resort has been created by a different international designer, with their wildly varying styles coming through loud and clear, with subtle nods to Thai elements along the way. So, if one suite is a sunlit, white space with hardwood floors, an oversized marble bathroom the size of an average Dubai apartment, and the beach only footsteps away, another is a decadent boudoir with plush fabrics, jewelled accessories and opulent furniture, designed by Mark Brazier-Jones (who has also designed the sets of the 50 shades of grey movie).

Each of the three villas features its own common areas, private spa and pool – all of them exquisitely designed. The Collector’s Villa features pillars covered by broken teacups and saucers, and a giant octopus-shaped sofa, just some of the quirkiness brought in by the renowned Brazilian design duo, the Campana brothers, and mother of pearl-covered walls and ceiling in the spa, to represent being inside a seashell. In Villa Bianca, you’ll find a room themed entirely around Matrioshka dolls and another featuring a stunning bed – made of thinly sliced and sanded ash wood to look like oversized ribbons, the Joseph Walsh-designed bed is a triumph of organic form.

I loved how each room, indeed each corner of the property, seemed to tell a story all its own, and yet, everything came together with a unifying

### DAY-TRIPPING

Phuket old town is a charming mix of Thai culture with colonial influences, and makes for a lovely day trip of wandering the streets filled with eclectic boutiques, hole-in-the-wall cafes and souvenir stores. Here’s our pick of what not to miss:

- **Aroon restaurant:** A tiny streetside café that is favoured by Thai celebs, specialising in local ‘rotis’ – fried flatbreads served with bananas and condensed milk.
- **Eleven & Co:** A quirky boutique and café offering pop culture memorabilia, and urban bites.
- **One Chan:** An atmospheric family-run restaurant in a historic home (the family still lives there in the back of the building) where you can try local specialties (indigenous to Phuket) such as crab in yellow curry and ‘Pad Pak Miang’ (stir-fried local vegetables).

theme that was as much a celebration of art and design, as it was about cocooning the resident in luxury. The resort has been converted from the British owner’s private beach residence, and it feels exactly like holidaying in your wealthy friend’s beach house – intimate and homely, in spite of the uber-luxury one is surrounded by. But the luxury doesn’t lie in just the design, it lies in the attention to detail. Whether it’s the VIP fast-track service all guests enjoy at Phuket airport; the bathroom amenities that exceed all five-star norms, with his-





The Owner's Suite looks directly on to the beach



A bed that's a work of art!



Quirky meets comfy in the design elements across the resort



Christian Grey fans will love this baroque-style boudoir!




The only 'kids' hotel' of its kind!

and-hers boxes, complete with deodorants and bespoke scented candles, and Jo Malone toiletries; the daily spa or beauty treatment that is included in the price; or the staff-to-guest ratio, no effort is spared in making a stay here special. The philosophy here is – whatever you feel like, whenever, is made available to you.

Not least the food, which is as personalised as anything else. Aside from the gourmet Aziamendi experience, Iniala executive chef Sandro Aguiliera ensures mealtimes here are relaxed and delicious, best enjoyed in the glass-walled geometric cube of a dining room that extends over the infinity pool. Breakfasts are a delicious spread of homemade breads, pastries, jams, preserves plus hot dishes prepared à la carte (think scrambled eggs with brie); lunch usually features light, fresh salads and Mediterranean-inspired dishes; while dinner is a more gourmet affair and can include authentic Thai delicacies or classic European-style dishes such as slow-cooked duck with black garlic cream, and tenderloin with red wine reduction.

Located in Phang Nga, on the southernmost tip of Thailand (although the closest airport is Phuket), and probably one of the country's few remaining unspoilt reaches – although several new resorts are being built up in the area now – the resort enjoys a

wide expanse of private beach. For the active-minded, watersports including stand up paddle boarding and even diving is offered, as well as daily fitness and yoga sessions. And for those looking to just veg out, beyond the pool-beach-book-spa mix, the resort is also home to its own private cinema – think plush sofas and refreshments on request, to complement the state-of-the-art technology. The cinema may be the perfect date-night spot for parents, while their children hole up in the kids' hotel – another unique offering at Iniala. Taking kids' play areas to a whole other level, this is a full-on mini hotel, complete with cute cave-like bedrooms for sleepovers, children-sized bathrooms and amenities, and all conceivable games for little ones on tap – it isn't uncommon for grown-ups to want a night here, and it's not hard to see why!

If you can tear yourself away from all this, tours to surrounding local areas, such as temple visits, nature parks, or even day tours to Phuket town can be arranged (See Day-tripping) and are included in the price. While these offer a taste of the local culture that is thoroughly enjoyable, coming back from the great outdoors into the welcoming confines of the resort, where warm smiles and cold towels greet you, will feel like coming home – Iniala is just that kind of place. 



Aziamendi's interiors are funky and artsy

## TRAVEL DIARY

**GETTING THERE:** Emirates offers direct daily flights between Dubai and Phuket, ticket prices start from around Dhs3,000, [www.emirates.com](http://www.emirates.com).

**STAYING THERE:** Prices for a suite start from US\$895 per night (around Dhs3,200), visit [iniala.com](http://iniala.com).



# Arabian nights

Our recent cooking class event was an intimate gathering of a few Food Club Premium members who got to cook up a three-course Arabic feast together with Hicham Salami, executive chef, Reem al Bawadi group, in the state-of-the-art Miele kitchen gallery. Here are the recipes from the event that you too can recreate this Ramadan.



Arabic flavours given a lighter makeover

STARTER

## Grilled halloumi, watermelon tower salad

SERVES 4 PREP 15 mins NO COOK **EASY**

- 170g halloumi cheese
- 1 tsp nigella seeds
- 120g watermelon
- 8g Asian salad mix
- 20g heirloom tomatoes, cut into wedges
- 30g skinless dates, pitted, plus 20g more, mashed
- 20ml whipping cream
- 1 tsp orange zest
- 1 tsp fresh mint
- 5 tbsp walnuts
- 1 slice of fresh lime
- 1 tsp dried oregano
- 1 tsp fresh basil leaves, chopped
- 10g raisins

**1** Cut the halloumi cheese into half centimetre thick slices, grill in a pan until golden brown, and coat the edges with the nigella.

**2** Slice the watermelon thinly into 5 x 5 cm squares.

**3** Place the watermelon slice on a plate, add a slice of halloumi, and repeat alternating until you have two layers of each. Top the tower with the Asian salad mix, arrange the heirloom tomatoes around it.

**4** Make the dressing by combining the mashed dates and whipping cream, garnish with the orange zest. Dress the salad.

**5** Place the fresh mint leaves, sliced lime, walnuts, pitted dates, dried oregano and chopped basil leaves around the plated ingredients. Finish the dish with the dried raisins.





## Mixed grill

**SERVES** 4 Prep 55 mins plus 8hrs for marination  
**COOK** 40 mins **A LITTLE EFFORT**

### FOR LAMB SHOKUF

250g lamb tenderloin, cut into cubes  
1 tsp salt  
10ml olive oil

1 tsp white pepper

1 tsp tomato paste

300g red onion, chopped

### FOR KEBAB HALABI

250g minced lamb and beef, 4:1 ratio

1 tsp salt

1 tsp pepper

### FOR LEBANESE KAFTA

250g minced lamb

100g fresh parsley, chopped

50g onions, chopped

1 tsp black pepper

100ml vegetable oil

### FOR ARAYES MEAT

250g of the kabab halabi meat

100gm tomato, finely chopped

50g green capsicum, finely chopped

1 tsp fresh mint, chopped

1 tsp fresh parsley, chopped

Salt & pepper, to taste

1 pc Lebanese bread

### FOR LAMB CHOPS

250g lamb chops, fat trimmed

1 tsp salt

10ml olive oil

1 tsp white pepper

1 tsp tomato paste

### FOR IZMERLI KEBAB

250 minced lamb

20g halloumi cheese, shredded

2 tsp mixed capsicum mix, finely chopped

2 tsp mushrooms, finely chopped

2 tsp mint leaves, chopped

25ml vegetable oil

**MAIN**

### FOR SHISH TAWOOK

1 kg chicken breast, cut into cubes

800g tomato paste

50g chili paste

2 tbsp coriander powder

20g cumin powder

400g lemons, top and tails removed, half of the skin removed, minced

120ml orange juice

400ml vegetable oil

20g salt

2tbsp cardamom powder

300ml white vinegar

### FOR BIWAZ

1 tsp ground sumac

5 tbsp tomato paste

50g red onion, sliced

10ml olive oil

2 tbsp chili paste

1 tsp cumin powder

3 tbsp fresh parsley, finely chopped

Salt and pepper to taste

5 pieces of Arabic bread

Arabic bread, to serve

Rice, to serve

Garlic sauce, to serve

**1** To make the lamb shokuf, combine the salt, olive oil, pepper, tomato paste and onion to make a marinade. Marinate the meat in this mix overnight, or for at least eight hrs. Skewer the marinated lamb, grill to your liking.

**2** To make the kebab halabi, season the mince and using your hands, put the mixture onto skewers - about 50-55g per skewer. Grill to your liking

**3** Mix all the ingredients, and knead the mixture with your hands. Put on skewers, about 50g - 55g per piece, and grill to your liking

**4** To make the Arayes, mix all the ingredients and knead well. Stuff the bread with the meat and grill until the bread turns golden.

**5** For the lamb chops, marinate the lamb with a mix of the remaining ingredients for 8 hrs or overnight. Grill to your liking.

**6** To make the Izmerli kebab, combine all the ingredients and knead it all together. Put on skewers, about 50g-55g per piece, and grill to your liking

**7** To make the shish tawook, combine all the ingredients, reserving 20ml of the oil, to make a marinade for the chicken. Marinate the chicken overnight, covering with the remaining oil. Skewer and grill to your liking.

**8** To make the biwaz, mix all ingredients together and spread it on the bread.

**9** Serve the mixed grills with garlic sauce, Arabic bread and rice. >>





A delicately  
fragranced and  
flavoured treat

**DESSERT**


## Traditional rice pudding

**SERVES 4 PREP** 5 mins **COOK** 20 mins plus 30 mins for chilling **EASY**

- 1l milk
- 200g Egyptian white rice
- 200g white sugar
- 10ml orange blossom water
- 30g pomegranate seeds
- 30g fresh strawberries
- Small handful of fresh mint leaves
- 1 tbsp orange zest
- 5g walnuts

**1** Bring the milk to the boil in a large cooking pot, add the Egyptian rice to the boiling milk at medium heat. Add the sugar, stir until it dissolves, continue stirring until the rice swells and becomes sticky with the sugar and milk, about 20 mins. Add the orange blossom water and stir well.

**2** Chill the cooked rice pudding for about 30 mins.

**3** Serve cold garnished with pomegranate seeds, fresh strawberries, fresh mint and orange zest and walnuts. 

**Want to be a part of our next Food Club event?** Then sign up on [www.bbcgoodfoodme.com](http://www.bbcgoodfoodme.com). You can also like us on [facebook.com/bbcgoodfoodme](https://www.facebook.com/bbcgoodfoodme) and follow us on [twitter.com/bbcgoodfoodme](https://twitter.com/bbcgoodfoodme) to get all our latest updates and join the conversation!

## SNAPSHOTS FROM THE EVENT



The lucky few subscribers who were invited enjoyed drinks and nibbles at the start of the evening



Senior editor Sudeshna welcomes the chef and guests



It was hands-on all the way!



Attending foodies picked up tips on Arabic cooking from the chef



Raffle draw prizes for lucky winners



There was plenty of food to go around for everyone!

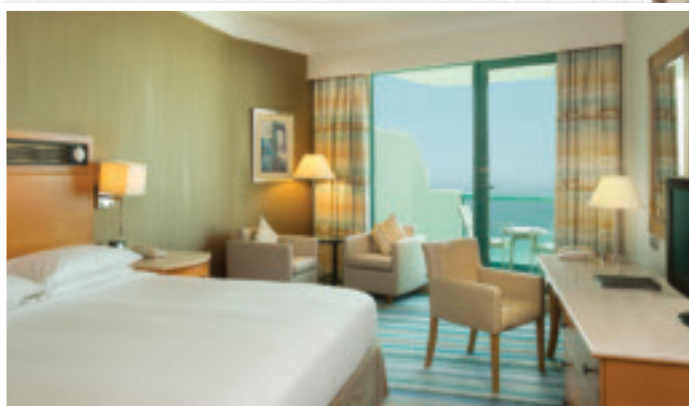


Rehana Sharma from Miele handed over a gift of appreciation to the chef



**Win!**

A family stay-cation worth over Dhs7,500



## Enjoy a family weekend break at Hilton Dubai Jumeirah Resort, inclusive of a two-night stay for two adults and two children, with breakfast, dinner and beach access.

Hilton Dubai Jumeirah Resort is conveniently located between Jumeirah Beach and The Walk, a popular beachfront avenue of boutiques and alfresco restaurants. With 389 rooms and suites, private beach and landscaped gardens, the resort is perfect for a weekend beach getaway. The Hilton Dubai Jumeirah Resort's nine restaurants and bars include an award-winning Italian restaurant and the lively South American Pachanga restaurant. Guests staying in a suite or an executive room enjoy automatic access to the executive lounge and benefits such as complimentary airport transfers, breakfast and afternoon tea.

**One reader has the chance to win a two-night family stay for two adults and two children. The prize includes breakfast, as well as dinner at Oceana restaurant and complimentary beach access.**

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**What is the name of the award-winning Italian restaurant at Hilton Dubai Jumeirah Resort?**



\*Terms & conditions apply. Flights are not included in this prize. Employees of CPI Media Group are not eligible to enter. Winners will be selected on random basis from correct entries.





# Bloggers cook-off!

Our latest Food Club event at Al Ghurair Rayhaan by Rotana, saw three of Dubai's finest food bloggers come together to showcase their Ramadan-inspired recipes to members.

Three food-loving bloggers joined *BBC Good Food Middle East* at Al Ghurair Rayhaan by Rotana, for a special Bloggers' Masterclass on May 19. The evening saw bloggers Yousef Tuqan (middleeats.tv, a culinary video blog), Farah Sawaf (cookingwithamanicure.com, a culinary website) and Ritu Chatuverdi (fussfreecooking.wordpress.com, a recipe blog) create an original Arabic-inspired dish, with the audience voting for one of them to make it onto Shayan Restaurant's Ramadan menu, in a fun, light-hearted evening. The social media-focused event started with welcome drinks at the authentic Persian restaurant, Shayan, after which audience members walked over to the spacious Liwan restaurant for the masterclass. Firstly, Yousef began with musakhan rolls as the starter dish, followed by Farah, who cooked up a main dish of zataar crusted red snapper rolls over orange blossom potato purée, and Ritu with a dessert of carrot and pistachio baklava. As all members of the audience tasted samples of the dishes, it came down to them to vote for their favourite dish – Yousef emerged as having created the most popular dish.

Here's a look back at some of the action from the night, and the recipes that were demonstrated.



## Musakhan rolls

By Yousef Tuqan, Middleeats.tv

**SERVES 4 PREP 10mins COOK 10mins**

- 1 whole chicken (around 1.5kg)**
- Olive oil, enough to coat a 1cm layer in a medium sized pan**
- 50g pine nuts**
- 5 onions, roughly chopped**
- 2 tbsp salt**
- 1.5 tsp Baharat spice mix**
- 1/2 tsp cumin powder**
- 1 tbsp sumac**
- 1/2 lemon, juiced**
- 1 packet of markook bread (available in most supermarkets)**
- 250ml yoghurt, to serve**

- 1** Boil the chicken. Once done, leave it to cool and then discard the bones and skin, and flake the meat.
- 2** Add the olive oil into a pan, drop in the pine nuts, and fry until golden. Remove them from oil and set aside. Add the chopped onions, and cook on a low heat until they are translucent but still have some shape and texture.
- 3** Cover the cooked onions with the salt, Arabic allspice, cumin and sumac, and mix the ingredients before stirring in the flaked chicken. Mix them over low heat for 2 mins, and turn off the heat.
- 4** Add the juice from a squeezed lemon, the mixture by now should have a nice red colour.
- 5** Cut the markook bread into squares of 12 to 15cm squares, and place 2 to 3 heaped tablespoons of the chicken mixture into the middle of each bread square. Fold in the sides and roll them up to resemble a spring roll. Brush the rolls with a drizzle of olive oil and cook in a preheated oven at 220C for 10 mins, or until they've crisped up.
- 6** Serve the rolls with yoghurt for dipping.





Za'atar crusted red snapper rolls  
over orange blossom potato purée  
By Farah Sawaf, [cookingwithamanicure.com](http://cookingwithamanicure.com)

**SERVES 4 PREP 10mins COOK 15mins**

**2 large russet potatoes, peeled, rinsed and roughly chopped**

**Pinch of salt**

**1 tbsp butter**

**1 clove of garlic, peeled and chopped**

**1/2 small yellow onion, chopped**

**1 sprig of fresh rosemary, discard twig and chop the leaves**

**1/2 tsp sea salt**

**56ml light cream or double cream**

**1 egg**

**1 tbsp fresh parsley, chopped**

**1 tbsp orange blossom water**

**6 small fillet of red snapper, deboned, skin off and pounded flat**

**Zest of 1/2 an orange**

**Salt and pepper, to taste**

**100g panko breadcrumbs**

**25g fresh za'atar, chopped**

**100g rocket leaves**

**1** In a medium pot over high heat, bring 1l water to boil. Place chopped potatoes into the boiling water

with a pinch of salt. Boil for 8 to 10 mins or until potatoes are tender. Drain the potatoes and place them back in the pot. Add butter, garlic, and onion to the pot and sauté for 5 mins. Turn the heat off and cool mixture for 10 mins.

**2** Using a hand blender, blend carefully. Add rosemary, rock salt, cream, egg, parsley, and orange blossom water. Purée until creamy and soft, with no chunks. (If you find that it becomes too thick, keep mixing with a fork in between blends and add a touch more of cream.)

**3** Transfer to a small ovenproof pan and heat for 15 mins on a lower rack of the oven. The top of the potato purée should brown up a bit. Cool for at least 10 mins before serving.

**4** Preheat oven to 190C. Pat the fish dry with a paper towel and sprinkle with the orange zest evenly, as well as pinch of salt and pepper. Set aside.

**5** In a deep plate or dish, mix panko crumbs with the fresh za'atar. Press fish fillet pieces over the panko crumbs mixture. Place on a well-greased non-stick wire baking tray. Place in the centre rack of the oven and bake for about 15 to 20 mins. Spray with a touch of olive oil/cooking butter spray so it does not burn. Remove and allow to cool.

**6** Place a few leaves of rocket inside each fillet and roll, securing with a toothpick.

**7** To serve, dollop the potato purée and place the red snapper roll on top. Garnish with orange zest. >>





## Carrot and pistachio baklava

By Ritu Chaturvedi, [fussfreecookingblog.wordpress.com](http://fussfreecookingblog.wordpress.com)

**SERVES 4 PREP 10mins COOK 25mins**

**300ml water**  
**300g sugar**  
**2 tbsp rose water**  
**1 tbsp butter**  
**230g carrot, grated**  
**2 tbsp almond powder**  
**1 tbsp cardamom powder**  
**2 tbsp milk powder**  
**400g filo pastry**  
**150g butter, melted**  
**115g pistachio, coarsely grounded**  
**2 tbsp raisins**


**1** To make the sugar syrup, mix together the water

and sugar in a medium sized pan, and bring to a boil on medium to high heat for 8 mins. Add rose water and set aside to cool.

**2** Heat 1 tbsp butter in a frying pan and sauté the grated carrots for 2 to 3 mins. Add almond powder, cardamom powder and milk powder, cook for 2 more mins, set aside to cool.

**3** Preheat oven to 200C. Cut the filo sheets one by one to fit a rectangle baking tray. Brush the tray with melted butter. Layer half the filo sheets one by one on the tray, brush each one with butter.

**4** Spread the carrot mixture evenly over the filo sheets, then cover with two filo sheets. Brush with butter and spread the crushed pistachio on top, then add another two sheets of filo, brushing each layer with melted butter.

**5** Cut the uncooked baklava into diamond shape and bake for 20 to 25 mins. Remove from the oven and slowly pour the cooled sugar syrup over the hot baklava. Garnish with raisins and serve. 

**Getting social!** The lively event not only saw numerous social media posts on the night, but the hotel is also continuing its Ramadan social media campaign throughout Ramadan. Follow Al Ghurair Rayhaan & Arjaan by Rotana on facebook and Instagram on @alghurairrotana, for special promotions and weekly competitions you too can get involved in:

- \* Visit the hotel's Facebook page, download the Iftar coupon, and enjoy breaking your fast at Liwan for just Dhs79, with Dhs5 being donated to a charity group assisting Nepal's earthquake victims.
- \* If you break your fast at Liwan or Shayan restaurant during Ramadan, take a photo, tag the hotel on Instagram and be in with a chance of winning gift vouchers from Ecity.





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# The final challenge



The culinary talents of the four finalists were showcased as the Lurpak Cooking Challenge in association with *BBC Good Food ME* entered the final round, to see one contestant being crowned the winner.

The Lurpak Cooking Challenge in association with *BBC Good Food Middle East* came to a glittering close on May 6, as four finalists took to the kitchen at McQueen's culinary school to compete for the winning title and an all-expenses paid trip for two to Denmark.

Finalists were challenged with the task of successfully recreating two dishes by leading chefs from scratch – one main and one dessert – and it was definitely a challenge.

The contestants were allocated 90 minutes to complete both dishes, before a panel of expert judges tasted and evaluated the dishes, based on appearance, taste, technique and overall execution. There were lots of thrills and spills, some adventures and misadventures, but everyone had a great time.

After an intense cook-off, Ritu Chaturvedi was announced winner of the competition.



The finalists were all smiles!



Deputy editor Sophie hosted the finale event



Korena was raring to go!



Stanislava got right into it!



Radina had a few mishaps along the way but bounced back in no time!



Ritu was calm and organised throughout the challenge...



Chef Russel explains the pressure points to look out for in the main course



The judges compared each dish to the original creations of the chefs



...which helped earn her the prize in the end!

Photographs by MAKSYM PORIECHIN





Winner

Lurpak ambassador and judge Paul Frangie  
did a culinary demo for the audience on the night



### The challenging recipes the contestants had to cook up:



Lavender honey glazed duck breast, potato purée, roasted heritage carrots, spiced jus

Recipe by chef Russell Impiazzi, Lafayette Gourmet

**SERVES 2 PREP 25mins COOK 1hr**

**1 duck breast**  
**5 Maris piper potatoes**  
**4 large heritage carrots**  
**1 tsp lavender honey**  
**100g Lurpak butter**  
**100g cream**  
**1 stick cinnamon**  
**2 pieces of clove**  
**1 tsp molasses**  
**100ml Lussory red wine (halal)**  
**Salt and pepper to taste**

**1** Place peeled and cut potatoes in a medium saucepan. Add cold water to the pan until the potatoes are covered by 2 inches. Turn the heat to high and bring the water to a boil. Reduce the heat to medium to maintain a simmer. Cook for 15 to 20 mins, or until you can easily poke through potatoes with a fork.

**2** While the potatoes are cooking, melt 100g of butter and warm 100ml of the cream. Drain the cooked potatoes and using a drum sieve, push the potatoes through into a fine mash, add the butter and cream, whip together and season with salt and pepper to taste.

**3** Bring a large pan of salted water to the boil. Peel and cut the carrots, add to the boiling water and bring back up to the boil and cook

for 5 mins. Drain and leave in a colander to steam dry for a few minutes, and then toss in a large roasting tin with a drizzle of olive oil, teaspoon of honey and season. Roast the carrots for approximately 20 mins, and make sure the honey doesn't burn.

**4** With a sharp knife, score the fat of the duck breasts in a criss-cross pattern. Season the duck with salt and pepper. Heat a heavy, ovenproof sauté pan and place the duck breast, fat side down in order to render the fat and get a good crispy skin, cook for 6 mins. Reserve rendered duck fat. Turn the duck breasts over and lightly brush with the lavender honey and sear for 2 mins. Turn the fat side down again and place the pan into the oven to roast for 5 to 7 mins, until breasts are medium rare. Let duck breasts rest for 5 mins before slicing.

**5** While the duck is resting, using the same pan as you cooked the duck in, return to the heat and add 100ml of the red wine to deglaze, add a 1 inch piece of cinnamon stick, 1 piece of clove and a teaspoon of molasses, bring to the boil and reduce by half, add a good knob of butter and stir in, taste before serving.

**6** Place the warm mashed potato into a piping bag with a small round nozzle, pipe 5 to 6 dots around the plate. Slice the duck breast at an angle and arrange on the potatoes, place the roasted carrots around the duck. To finish, drizzle the jus around the duck and garnish with the cress leaves. Serve the duck with the roasted carrots. >>





## Crispy opera cake

Recipe by chef Amro Alyassin

**SERVES 4** **PREP** 30mins **COOK** 20mins **LEVEL** Medium

**150g cake flour, sifted**

**1 egg (at room temperature)**

**100g almond powder**

**50g confectioners' sugar sifted**

**1 egg white**

**1g cream of tartar**

**2g salt**

**25g granulated sugar**

**59g unsalted butter, melted, foam discarded and butter cooled**

**FOR COFFEE SYRUP**

**50g instant espresso powder**

**75ml water**

**50g granulated sugar**

**FOR COFFEE BUTTER CREAM**

**25g instant espresso powder**

**75ml water**

**300g granulated sugar**

**1 egg yolk**

**50g unsalted butter**

**FOR CHOCOLATE GLAZE**

**300g unsalted butter**

**350g fine quality bittersweet chocolate**

**FOR CRISPY LAYERS**

**2 filo pastry sheets**

**200ml caramel**

**1** Preheat oven to 220C. Butter baking pan and line bottom with a sheet of parchment or wax paper, and generously butter. Dust pan with cake flour, knocking out any excess.

**2** Beat whole eggs in a large bowl with a handheld electric mixer at high speed until eggs have tripled in volume for 2 to 3 mins. Reduce speed to low, then add almond flour and confectioners' sugar and mix until just combined. Resift cake flour over batter and gently fold in. Beat egg whites in a bowl with cleaned beaters at medium speed until foamy. Add cream of tartar and salt and beat until whites just hold soft peaks. Add granulated sugar and increase speed to high until whites hold stiff peaks. Fold  $\frac{1}{3}$  of the whites into almond mixture to lighten, and then fold in remaining whites gently. Fold in butter and pour batter evenly into baking pan, spreading evenly being careful not to deflate (batter will be about  $\frac{1}{4}$  inch thick).

**3** Bake until very pale golden for 8 to 10 mins, and then cool in pan for 10 mins. Loosen edges of cake with spatula, and transfer cake (on paper) to a cutting board. Cut cake into strips and squares. Trim outside edges slightly, then carefully peel paper from strips and squares and set back on paper.

**4** Stir together espresso powder and 50ml

water until powder is dissolved. Bring sugar and remaining 100ml water to a boil in a 1.4lt heavy saucepan, stirring until sugar is dissolved. Reduce heat and simmer syrup, without stirring for 5 mins. Remove from heat and stir in coffee mixture.

**5** Stir together espresso powder and 25ml water until powder is dissolved. Bring sugar and remaining 50ml water to a boil in a small saucepan, stirring until sugar is dissolved. Boil without stirring, washing down any sugar crystals on side of pan with a pastry brush dipped in cold water, until syrup registers 115C on thermometer while syrup boils, beat yolk in a large bowl with cleaned beaters at medium speed for 1 minute.

**6** Add hot syrup to yolks in a slow stream then add coffee mixture and beat until completely cool, for 3 to 5 mins. Beat in butter and beat until thickened and smooth.

**7** Melt butter and add 175g chopped chocolate in a double boiler or in a metal bowl set over a saucepan of barely simmering water, stirring occasionally, until smooth. Remove top of double boiler and stir in remaining 275g chocolate until smooth, then cool glaze until room temperature but still liquid.

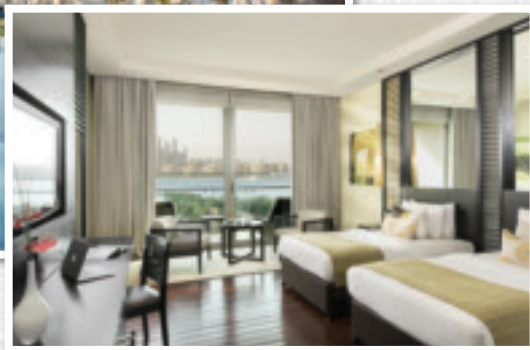
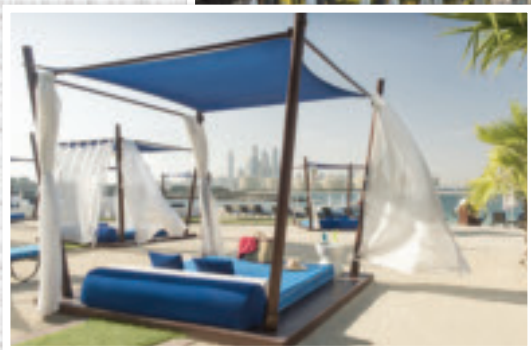
**8** Put caramel in tray with 2mm thickness, then place it in blast chiller put it into thick strips (same size of the sponge cake by using hot knife) put into same size each piece of filo pastry and butter them then bake 200C for 5 mins, till it is golden brown in colour.

**9** Put 1 cake square on a plate, then brush generously with one third of coffee syrup. Spread half of butter cream evenly over top with cleaned offset spatula, spreading to edges. Then add the filo pastry and caramel sheets, arrange both cake strips side by side on top of first layer, then brush with half of remaining coffee syrup. Spread half of glaze evenly over top, spreading just to edges. Then add the rest of filo pastry and caramel top with remaining cake square and brush with remaining coffee syrup. Spread remaining butter cream evenly over top. Chill cake until butter cream is firm. Reheat remaining glaze over barely simmering water just until shiny and spreadable for about 1 minute. Pour all 100g glaze over top layer of cake and spread evenly just to edges. Scrape remaining 100g glaze into sealable plastic bag and twist bag so glaze is in 1 corner. Snip a tiny hole in corner and decorate cake. Chill cake until glaze is set for about 30 mins, then trim edges slightly with a sharp serrated knife. 



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## Head to Rixos The Palm Dubai for a relaxing three-night stay for two and indulge in the Spoilt Expat package, inclusive of brunch, spa treats and exclusive beach access.

Situated at the end of The Palm Jumeirah's crescent, Rixos The Palm Dubai, offers a unique beach getaway, boasting 360° views of azure waters of the Arabian Gulf, iconic landmarks including Burj Khalifa and Burj Al Arab, the glittering skyline of Dubai Marina and the remarkable lagoons of The Palm Jumeirah itself. Its spacious rooms and suites, restaurants and amenities, spa, meeting facilities and magnificent beach come together to make for a stay that is luxurious and relaxing.

Offering a dynamic restaurant experience the hotel has a range of eateries, including À La Turca, an all-day-dining concept complemented by two signature restaurants – the Mediterranean inspired L'Olivo and the seafood lovers' delight, Salt. Throughout the day, you can also enjoy a variety of drinks and snacks from two poolside and beachside restaurants.

**One winner is in with the chance of snapping up a three-night VIP stay in a deluxe room, inclusive of Friday brunch at À La Turca (or lunch on weekdays), a beach cabana with beverage, 60 minute Hammam spa treatment, access to Eden Beach Club with a beverage, and transfers within Dubai.**

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to enter this competition and simply answer this question:

**What is the name of the seafood restaurant at Rixos The Palm Dubai?**



\*Terms & conditions apply. Flights are not included in this prize. Employees of CPI Media Group are not eligible to enter. Winners will be selected on random basis from correct entries.



# Competitions

Fabulous prizes, from dining vouchers to gourmet goodies, up for grabs.



## WIN! DINING VOUCHERS AT ASHA'S, WAFI, WORTH DHS1,500.

Three lucky winners have the opportunity to win dining vouchers worth Dhs1,500, to experience Asha's recently launched Coastal Menu. From Kerala chilli garlic prawns to Dakshin salmon tikka, murg rasam curry to nei chor, this is a trip to the Indian coastline you do not want to miss!

## WIN! A RANGE OF CAKE MOULDS FROM MELTING-POTS.COM, WORTH DHS1,500.

Three winners can win a range of unique cake moulds from online store [www.melting-pots.com](http://www.melting-pots.com), which are individually worth between Dhs120 and Dhs140 each. These Arabesque-inspired cake moulds are perfect for showing off at Ramadan get-togethers.



## WIN! A DINING EXPERIENCE AT KEMPINSKI HOTEL MALL OF THE EMIRATES, WORTH DHS1,000.

One lucky winner can choose between three unique dining experiences at this luxury hotel. Say Bienvenido to family members or friends for a Spanish night to remember at Salero Tapas & Bodega, and feast on a selection of tapas and paella and catch a fiery Flamenco dance display! Alternatively, the winning voucher offers the lucky group an all-day dining experience at Aspen by Kempinski, or dinner at Mosaic Chill on the pool terrace for chilled-out evening dining!



## WIN! IF TAR FOR 4 AT DUSIT THANI DUBAI, WORTH OVER DHS550.

Treat three friends or family members to a delectable Iftar buffet at Dusit Thani Dubai, which is worth Dhs149 per person. Make your Ramadan celebrations more flavourful with an epicurean journey to the hotel's 24<sup>th</sup> floor where you and your guests can feast on a sumptuous Iftar buffet featuring traditional Arabic dishes, hot and cold mezze and juices and an array of International delights.

## WIN! DINNER FOR TWO AT CHOIX PATISserie AND RESTAURANT, WORTH DHS360.

The winner of this prize can treat their dining partner to a three-course meal at Choix Patisserie and Restaurant par Pierre Gagnaire, worth Dhs180 per person, excluding beverages. Select three courses from the restaurant's newly created à la carte dinner menu, and indulge in the culinary talents of the internationally renowned French chef.



## WIN! SIX READY-SEASONED LEGS OF LAMB FROM SPINNEYS, WORTH DHS1,500.

Six lucky winners can win a delicious, ready-to-roast leg of lamb worth up to Dhs260, each. Prepared by Spinneys in-house chefs, you can choose from a leg of lamb with za'atar salsa verde stuffing or leg of lamb with Moroccan style stuffing topped with apricot and chilli butter. Each prepared roast serves eight people and is ideal for Iftar.

**To stand a chance to win these prizes, visit our competitions page on [www.bbcgoodfoodme.com](http://www.bbcgoodfoodme.com), or simply scan this QR code with your mobile to go directly to the website, and answer the simple questions.**

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# What's on the table with Won Ho Chung

In the first of a new series, we go on a lunch date with a food loving personality to find out what makes them tick. By Sudeshna Ghosh.



cottage cheese, a bit of extra virgin olive oil drizzled over it, sea salt, pepper, and chilli flakes. My perfect night out is going out to a good restaurant with good company, enjoying good food and wine.”

“It isn’t easy!”

“I’m really happy I get to do what I love. But there’s a lot of uncertainty, and my schedule is also quite messed up. It is really hard work, but people don’t see it, particularly when they see your life on social media. You’re always judged, for anything you do. There are a lot of haters out there! But, I feel like literally everyday, I’m carving my own niche; for me, it’s about following my gut, and working with the right people.”

“There’s so much that goes into a successful comedy show!”

“40 per cent of the show is me, 60 per cent is everything else – the stage, the seating, the lights, all of this makes a difference. A comedy show always has a dark room and one light on the performer. Turn on the lights halfway through a successful show, and people stop laughing – it’s psychological, because people feel exposed.”

“What’s on the table next?”

“A lot of exciting projects, starting with my travel show and later, my own talk show! More international touring too, I want to explore doing more English shows, and movies. You never know where work will take me, but I’d love to go and live somewhere else, maybe New York, Sweden or Spain.”

In the laid-back, sunlight-drenched interiors of the new Maison Mathis outlet in Dusit Thani Dubai, Dubai-based Korean-Arabic stand up comic and performing artist Won Ho Chung looked right at home. The social media-savvy personality comes across as a down-to-earth, friendly person, who is as ambitious, hard working, and strategic about his career, as he is refreshingly candid. Excerpts from our chat:

“How did I get here?”

“My father is south Korean and mother is Vietnamese. I grew up in the Middle East, and we studied in Arabic schools throughout, so I speak Arabic fluently. I never thought I’d be a comic, but I always knew I wanted to be in entertainment. I was discovered at the mall while shopping – I was cracking jokes with the salesman trying to get a discount. I didn’t know it then, but a big TV executive happened to be there, and when he saw an Asian guy joking in Arabic, he gave me an opportunity to do stand-up comedy. That was eight years ago, and I haven’t looked back since.”

“I’m super excited about my new travel and food show!”

“I now get to combine my passion for television and travel in my upcoming show, *Won Ho around the world*, which is set to air on Al Arabi. The idea of the show is to experience food as well as experiences specific to the destination. I believe, wherever you go, the food is a reflection of the culture. We want to experience the local culture and food, trying street food as well as high-end

restaurants. On the show, we also plan to meet Arabs living in a particular destination, to see how the two cultures come together.”

“I really enjoy food.”

“I do cook, but when I do, I have to meticulously follow a recipe. I don’t cook a lot of Korean food, but I’ve made one dish at home once – bulgogi. Because of my lifestyle, I don’t get to eat at home that much. But because I eat out so often, I make sure to eat clean at home. In the morning, I usually have oats with berries and cinnamon; chicken with vegetables for lunch; and nuts or an apple as a snack. At night, if eating at home, I might have some brown bread with

*What we ate:* A delicious tarte flambé, a small pizza-style flatbread topped with sweet cherry tomatoes, rocket and pecorino cheese, followed by a light, fresh prawn and avocado salad and a green beans and orange salad. For mains, the fresh seabream with Provencale vegetables was a fresh, flavoursome option, while the corn fed grilled baby chicken with mustard, herbs and spices, and served with broccoli, came rightfully recommended by the staff. Our dessert choices were a pannacotta with berries – texturally a bit unset, but taste-wise, spot on – and eclairs. We both agreed the food was simple, light and delicious!



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